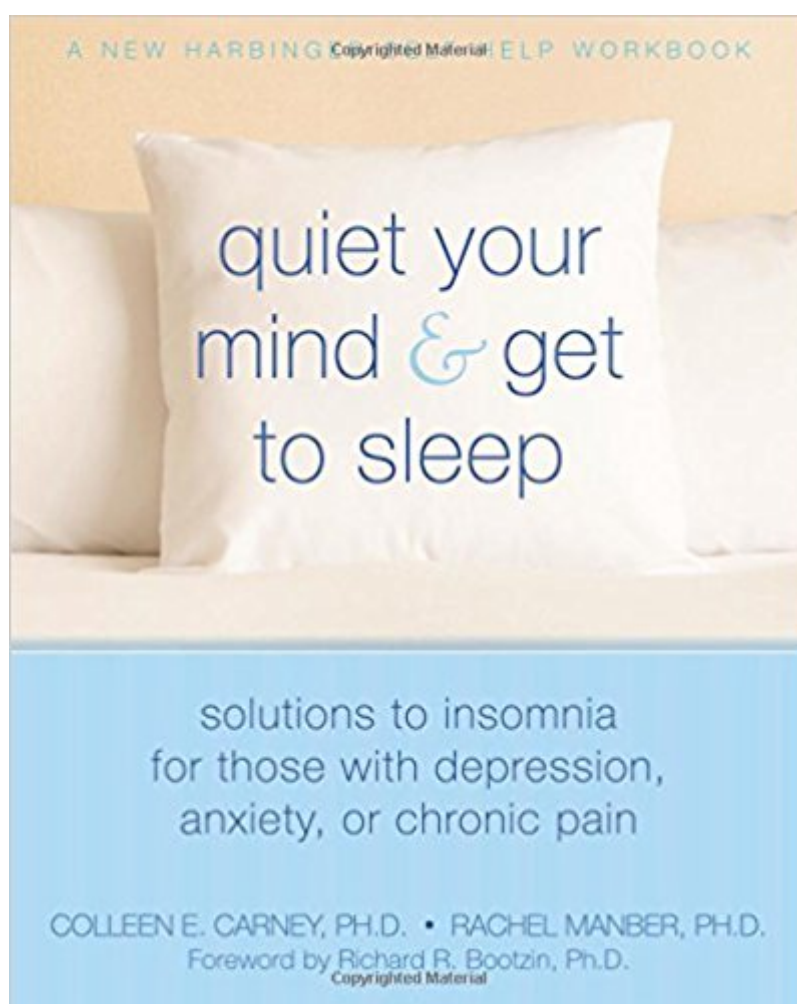


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# Quiet Your Mind And Get To Sleep: Solutions To Insomnia For Those With Depression, Anxiety Or Chronic Pain (New Harbinger Self-Help Workbook)





## Synopsis

A busy and hectic life can profoundly affect your ability to get a good night's rest. And it's even more difficult to feel relaxed when you stay awake worrying that you won't fall asleep. This vicious circle can quickly rob you of your quality of life, which is why it is so important to seek the most effective treatment for your insomnia. This workbook uses cognitive behavior therapy, which has been shown to work as well as sleep medications and produce longer-lasting effects. Research shows that it also works well for those whose insomnia is experienced in the context of anxiety, depression, and chronic pain. The complete program in *Quiet Your Mind and Get to Sleep* goes to the root of your insomnia and offers the same techniques used by experienced sleep specialists. You'll learn how to optimize your sleep pattern using methods to calm your mind and help you identify sleep-thieving behaviors that contribute to insomnia. Don't go without rest any longer-get started on this program and end your struggles with sleep.

## Book Information

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## Customer Reviews

"Colleen Carney and Rachel Manber clearly understand the broad domain of insomnia and the suffering it causes. Their book reflects the authors' deep knowledge of sleep medicine and their experience treating hundreds of insomnia sufferers. It will no doubt help millions more as it clearly explains not only what to do, but also why. I sincerely wish *Quiet Your Mind and Get to Sleep* had been available sooner." —William C. Dement, MD, Ph.D., professor of psychiatry and

sleep medicine at Stanford University School of Medicine and author of *The Promise of Sleep*"People with insomnia have been told for years that insomnia will go away if they get treatment for depression, anxiety, or pain, and this often does not happen. What is needed is a straightforward practical guide to solving their sleep issues, and these two leading experts in comorbid insomnias deliver. *Quiet Your Mind and Get to Sleep* is sensitive to the types of challenges faced by people with complicated health issues while taking a no-nonsense approach to eliminating the factors known to perpetuate sleep problems. The chapters and worksheets are interactive—it is like having access to your own therapist. This is a timely and truly essential book for anyone who suffers from insomnia and those who love them." —Jack D. Edinger, Ph.D., CBSM, clinical professor in the department of psychiatry and behavioral sciences at Duke University Medical Center and senior psychologist at Durham VA Medical Center

"Carney and Manber have written an incredibly useful guide book for individuals with insomnia, especially insomnia that occurs with depression, pain, and anxiety. It is full of practical strategies and tools for self-care, clearly explained, with great examples from real insomnia sufferers. *Quiet Your Mind and Get to Sleep* walks you through all the key elements of behavioral treatment that you would get from a sleep specialist. I will definitely recommend it to my patients with insomnia." —Daniel J. Buysse, MD, professor of psychiatry and clinical and translational science at the University of Pittsburgh School of Medicine

Dr. Rachel Manber's new book *Quiet Your Mind and Get to Sleep* is the next best thing one can do after travelling to Stanford University to receive her insomnia therapy. She is one of the world's experts in insomnia research and a master of creating personalized, creative, and effective treatment plans for insomnia. Her methods go above and beyond the usual don't read in bed techniques and translate into results. This book is important because education is a key component to treating insomnia." —Meredith Broderick, MD Medical Director of the Sleep Center at Minor and James Medical A Swedish Health Partner

"What can compare in beneficent impact on our minds and moods with a good night's sleep? In *Quiet Your Mind and Get to Sleep*, Carney and Manber do a masterful job of digesting the latest science for lay readers interested in improving their sleep. A unique feature of this work is its thorough treatment of the complicating factors of mood disturbances and chronic pain. This book stakes out an important place in sleep and health literature." —Steven H. Woodward, Ph.D., director of the Sleep Research Laboratory, National Center for PTSD

In *Quiet Your Mind and Get to Sleep*, two psychologists specializing in sleep and mood disorders show readers with insomnia and often comorbid disorders such as depression, anxiety, and chronic

pain proven methods from cognitive behavioral therapy for getting the sleep they need and improving their symptoms in the process.

The ideas for curing insomnia are fully explained and I found them convincing. Because insomnia is largely a psychological problem, believing the therapy is correct is essential. This book worked for me.

This book does not contain any new information. The reason it had such a big impact is it illuminated my thinking about sleep, how destructive my own thoughts were and how common such thoughts are among people who struggle with sleep. Of course, my thoughts seemed original to me. I lead a healthy life so it was humbling to find out that I had developed a whole series of bad sleep practices. But instead of instructing me from the third person, this work book helped me understand my sleep through my own previously unknown attitudes and habits. Because I have incorporated what I learned from this book into my life, I now sleep almost perfectly. One of the things I learned is that while I'm an active person, I need to be sure that I have set my "sleep driver" high enough each day so I added a vigorous daily walk. Knowing that I will sleep better because of the walk adds motivation. I told my doctor about this book and he advised me about the literature that my health care system publishes. It's a lot of the same information but it lectures, it doesn't help illuminate motivation and attitudes. I tell people about this book regularly, the title is easy for them to remember and I have received profuse thanks for passing it along. My daughter just asked for a copy as she realizes from listening to me that she has trained herself not to sleep. This very readable book will teach her to sleep well. Thanks to the authors for giving understanding instead of just knowledge.

This book was recommended to me by a sleep specialist doing research on cognitive behavioral therapy for insomnia in place of medication. It is a workbook that takes you through the method of understanding insomnia, which type you may have and then how to use CBT to change how to think about and treat your insomnia. There are lots of worksheets to use, tips and exercises. I'm only half way through the workbook and just understanding why I don't sleep right and knowing I can do something about it that doesn't involve medication has made me feel more positive and I'm beginning to sleep better, with the hopes of great sleep by the end of the book.

Fantastic, clear, and accurate book.

Along with the suggestions from my sleep therapist, I can now fall and stay asleep. I've been sleeping all wrong for over 20 years. This book helped point out what all of us are doing wrong. Priceless.

A.very helpful book! I've benefited greatly from it

I have had insomnia for years, this book was recommended and it was so very helpful,can't say enough!

gives more good sleeping tips.

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Symptoms (A New Harbinger Self-Help Workbook) The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) The Yoga-CBT Workbook for Anxiety: Total Relief for Mind and Body (A New Harbinger Self-Help Workbook) The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (A New Harbinger Self-Help Workbook) Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook) The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (New Harbinger Self-Help Workbook)

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