



The Drug-free Sleep Solution: A Guide for Overcoming Insomnia Using Cognitive Behavioral Therapy

David Durocher

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In America, over the past decade, insomnia has dramatically increased. 1 in 3 Americans have occasional insomnia while at least 1 in 10 have chronic insomnia. If left untreated, chronic insomnia can lead to psychiatric and medical conditions-especially anxiety and depression. Where have we gone wrong? The fact is that our bodies were never designed for the hectic pace of twenty-first century life. The good news is that chronic insomnia can be cured without using drugs. Cognitive behavioral therapy (CBT) is a first-line treatment for insomnia. It has been clinically proven (in over a dozen studies) to be safer, more tolerable, and more effective in the long run than sleeping pills. Unlike with drugs, CBT treats the underlying causes of insomnia. "The Drug-free Sleep Solution" delivers powerful methods which you can confidently use to get restful sleep and feel better. You will feel better about yourself, your relationships, and your life!

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