

# Sleep Right in Five Nights

A CLEAR AND  
EFFECTIVE  
GUIDE FOR  
CONQUERING  
INSOMNIA

JAMES PERL, PH.D.

# Sleep Right In Five Nights A Clear And Effective Guide For Conquering Insomnia

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Mainstream medicine however useful in other areas of healing has failed to effectively treat the complexities of fibromyalgia and chronic fatigue syndrome This useful book focuses on alternative therapies for these prevalent diseases Patients from around the world describe their experiences and coping strategies while dozens of experts in fields ranging from naturopathy ayurveda and reflexology to guided imagery hypnosis and guaifenesin therapy share their knowledge With 70 percent new material this guide offers both insight and inspiration for those dealing with these challenging conditions **CREATION**

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