



Sleep Like A Dream The Drug Free Way

IM Harris



Sleep Like A Dream The Drug Free Way:

Sleep Like a Dream Rosemary Nicol,1988-01-01 **Chronic Pain** Phil Sizer,2024-08-29 Buy this book and make sure your doctor reads it too Dr Steve Gilbert former Lead Clinician for Chronic Pain in Scotland Chronic pain is much more common than you might think it affects nearly one fifth of the population Chronic pain is defined as any pain that continues for longer than three months It has a variety of causes including arthritis back pain fibromyalgia accidents or operations although sometimes there is no apparent cause Many people suffering from chronic pain have been told by medical professionals that they are sorry but there s nothing more we can do for you leaving them feeling abandoned and isolated If you have been told this or you think this news may be in your future then this book is for you Self management is an important approach to coping better and managing this long term condition Written with humour and making use of cartoons and line drawings the new edition of this popular and much loved book encapsulates 20 years of pain management courses given by Phil Sizer at Pain Association Scotland to patients GPs and other health professionals Divided into three sections Understanding Managing Coping its approach is based on a holistic bio psycho social model of health including CBT cognitive behavioural therapy ACT Acceptance and Commitment Therapy positive psychology relaxation hypnotherapy motivational interviewing and coaching From understanding what pain is and isn t to managing flare ups challenging your beliefs getting more sleep and relaxation to accepting help and learning how to be a person again not a condition this book shows how things can improve become different and most importantly so much better **Sleep Like a Dream** Margaret Hills,Rosemary Nicol,1988-01-01 **BodySense** Vernon Coleman,1990 **Overcoming Stress** Vernon Coleman,1988

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among the most dangerous drugs on prescription and can be habit forming The aim of this book is to help the sufferer to identify the causes and contributory factors in their own case and to suggest a variety of solutions from relaxation to natural therapies **Shyness and Anxiety** Phyllis M. Shaw,1979 Coping Successfully with Your Irritable Bowel Rosemary Nicol,1989 Irritable bowel syndrome is one of the hidden problems of modern living This book explains what it is and why it happens and also how stress diet your family history and even your general approach to life can play a part For each factor Rosemary Nicol explains how you can solve the problem or live with it more easily One person in three suffers from IBS at some time in their lives If you feel queasy when under stress or suffer from stomach aches and digestive problems you may need this book *Irritable Bowel Syndrome* Rosemary Nicol,William John Snape, Jr.,1999 Traditional medicine offers no cure for the extremely common irritable bowel syndrome Author Rosemary Nicol shows how it can be dealt with by addressing the causes diet and stress In *Irritable Bowel Syndrome* she analyzes the factors that may precipitate the syndrome and helps readers find creative solutions through dietary alternatives and methods for controlling stress

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