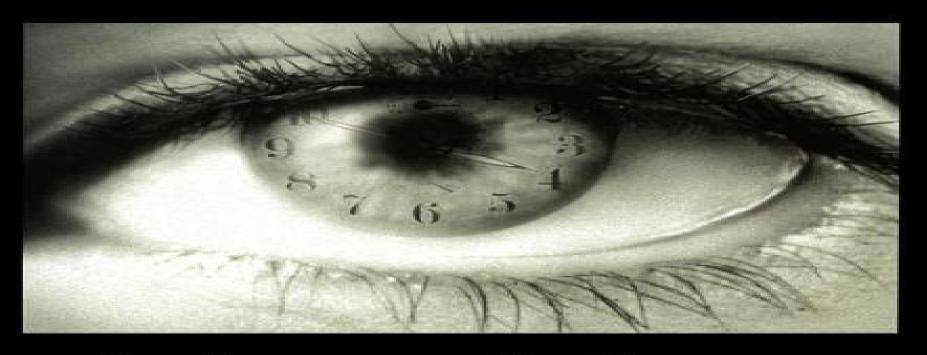
# SLEEP THEF,

restless legs syndrome



BY VIRGINIA N. WILSON EDITED BY ARTHUR S. WALTERS, M.D.

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Siddappa N.Byrareddy

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Insomniac Gayle Greene, 2008-03-10 I can t work I can t think I can t connect with anyone anymore I mope through a day s work and haven t had a promotion in years It s like I m being sucked dry eaten away swallowed up coming unglued These are voices of a few of the tens of millions who suffer from chronic insomnia In this revelatory book Gayle Greene offers a uniquely comprehensive account of this devastating and little understood condition She has traveled the world in a quest for answers interviewing neurologists sleep researchers doctors psychotherapists and insomniacs of all sorts What comes of her extraordinary journey is an up to date account of what is known about insomnia providing the information every insomniac needs to know to make intelligent choices among medications and therapies Insomniac is at

once a field guide through the hidden terrain inhabited by insomniacs and a book of consolations for anyone who has struggled with this affliction that has long been trivialized and neglected Depression and Anxiety in Later Life Mark D. Miller, Charles F. Reynolds III, 2012-09-17 Depression and anxiety can be avoided or minimized through medication and therapy and by adapting to changing circumstances as we age Physical problems and emotional stresses such as bereavement health conditions pain concerns about the future side effects of medications and the accumulated effects of lifestyle choices may lead to depression or anxiety in older people However as Drs Mark D Miller and Charles F Reynolds III know these mental disorders are not a natural or an inevitable part of aging In Depression and Anxiety in Later Life these psychiatrists show how depression and anxiety can be avoided or minimized by adapting to changing circumstances while controlling risk factors and getting help when it s needed This reassuring book balances discussions of the causes symptoms and treatments of mental illness with descriptions of successful adaptive aging Case studies illustrate the less obvious depression symptoms of irritability disorganization and social withdrawal Readers will find information about memory loss pain sleep nutrition and end of life issues particularly helpful Aging can be challenging but it doesn t always lead to depression or anxiety Depression and Anxiety in Later Life will help older people their family members and caregivers make positive changes to take control of their own individual situations

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