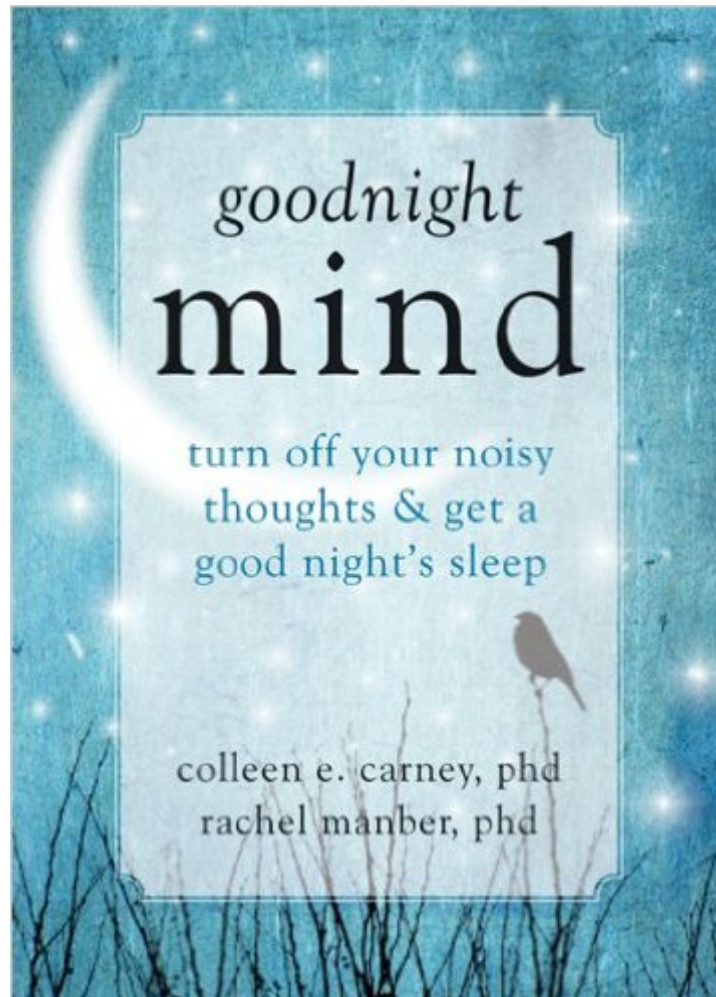


The book was found

Goodnight Mind: Turn Off Your Noisy Thoughts And Get A Good Night's Sleep



Synopsis

Do you find yourself lying awake at night, ruminating about the events of the day? Do you toss and turn, worrying about what you have to do in the morning or what you did earlier in the day? If so, you are not alone. In fact, insomnia is the most common sleep disorder faced by the general population today. The most common complaint in those who have trouble sleeping is having a "noisy mind." • Sometimes, no matter how hard you try, it seems like you cannot silence all the internal dialogue. So what do you do when your mind is spinning and your thoughts just won't stop? Accessible, enjoyable, and grounded in evidence-based cognitive behavioral therapy (CBT), Goodnight Mind directly addresses the effects of rumination or having an overactive brain on your ability to sleep well. Written by two psychologists who specialize in sleep disorders, the book contains helpful exercises and insights into how you can better manage your thoughts at bedtime, and finally get some sleep. Traditional treatment for insomnia is usually focused on medications that promote sedation rather than on the behavioral causes of insomnia. Unfortunately, medication can often lead to addiction, and a host of other side effects. This is a great book for anyone who is looking for effective therapy to treat insomnia without the use of medication. This informative, small-format book is easy-to-read and lightweight, making it perfect for late-night reading.

Book Information

Paperback: 192 pages

Publisher: New Harbinger Publications; 1 edition (June 1, 2013)

Language: English

ISBN-10: 160882618X

ISBN-13: 978-1608826186

Product Dimensions: 0.5 x 5 x 7 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars • See all reviews (23 customer reviews)

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Customer Reviews

I found this little book concise and clear in describing straightforward, easy to understand strategies to help with insomnia. I have to practice the exercises but the logic on how insomnia is maintained

helped me understand the things I do to make insomnia worse. The idea about our natural "sleep driver" to regulate and return impoverished sleep to normal is fascinating. Prior to reading the book, I had a hunch about how sleep works but this book clearly explained the sleep system in a digestible format. Being a busy parent along with full-time work and school, I use bedtime to ponder things that I cannot get to think about during the day, and that can awaken a fatigued mind for hours. I found the section on tips to quiet the "overactive mind" quite useful. If sleep is troubling, this book is an excellent choice and highly recommended. Many suggestions can be applied right away. I'd much rather start with the suggestions in the book that have research behind them than go on potentially addictive pills and exotic potions as touted online.

This book is a quick, easy read full of great tips that helped me to feel better rested. Not only did I learn things like what I should do when lying in bed unable to sleep (turns out it is the opposite of what I had been doing), but I also learnt **why**. After reading this book I feel I am in a better position to understand sleep and sleep habits and how my brain behaves before and during sleep. I am better able to problem-solve my own sleep problems. Unlike what you can read online, this book has been written by sleep experts who offer their advice in a well-organized coherent framework that make it easily understandable. You won't come away overwhelmed by thousands of things you gotta do. It makes getting better sleep easy. Worth the money, for sure.

This little book has totally saved me. My busy brain just won't quit sometimes, and those times are usually when I'm trying to go to sleep. Goodnight Mind gave me some great advice on how get ready for "bedtime" and to just look at my insomnia in a different light. Now I can focus on all the stuff that really matters.

I started reading this book, I have had major problems trying to sleep. But this book provides a very good base to start with simple changes, and suggestions, I haven't gotten past the self assessment but I'm really sleeping much better overall with only 1-2 sleepless nights a month max vs my usual before reading this book at least 2-3 nights a week. I also appreciate that I am not the only one out there who can't sleep, for some crazy reason I didn't realize there are a lot of people out there with the same issues.

This book has good research-supported information, dispels several myths about sleep, provides wonderful strategies, and is easy to read so you can quickly resolve your sleep issues!

First read about this book in a piece on "Ways to Sleep Better" on Oprah's website. I found it incredibly helpful, and particularly appreciated the mindfulness exercises. The section on fighting daytime fatigue helped me work out new patterns, and I've been sleeping better ever since. It's a good pocket-sized read that's perfect to keep on your bedside table.

They start you out by having you record your sleeping pattern times. The numbers are important so you can create a plan to address your sleep problems. One of the times you have to record is what time did you fall asleep. I tried to figure out to do that. Maybe like watching the clock to make sure I got that important number? I gave up on the book early, If I could have gotten that number I would have continued reading it. If someone has figured out how to do that, please write a review. Thanks

This book was totally horrible. I found it utterly useless and quite redundant. Not only did these two merely spout the same sleep aid tips that have been spread for years without offering any innovative solutions but they also consistently contradicted themselves and provided little solid advice. 10/10 do not bother reading it.

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Goodnight Mind: Turn Off Your Noisy Thoughts and Get a Good Night's Sleep Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleeping Through the Night, Revised Edition: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Sleep: Discover How To Fall Asleep Easier, Get A Better Nights Rest & Wake Up Feeling Energized (The Best Sleep Solutions Available From All Natural To ... Treatments

To Cure Insomnia & Sleep Easy) Healthy Sleep Habits, Happy Child: A Step-by-Step Program for a Good Night's Sleep, 3rd Edition Baby Sleep Training: How to Get Baby to Sleep Through Night Well Children's book: "A FAIRY-MARY":Bedtime story, Beginner readers, values(sleep goodnight)Rhyming bedtime Story About Caring for Your Teeth(Level 1)preschool ... children's 4-8 (preschool books Book 7) The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night: Foreword by William Sears, M.D. Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Manifest Your Dreams, Turn Your Big Ideas into Reality: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations Mr. Noisy (Mr. Men and Little Miss) The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family (Sears Parenting Library) How to Use Audacity to Convert Old, Noisy, Mono Recordings into Clean, New-Sounding Stereo Deep Thoughts & Vulgar Quotes: The Book for Adults filled with Dirty Quotes, Deep and Vulgar Thoughts, Profane Proverbs! (Shut the F*ck Up and Color 7)

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