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By Lisa Morrone

Harvest House Publishers, U.S., United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. For readers who are tired of being tired. Lisa Morrone, author of *Overcoming Overeating* and *Overcoming Headaches and Migraines* offers hope for the eight hours you don't want to miss! The rush of twenty-first century life has left many busy people underslept, irritable, and worn out from everyday life. In this helpful book, readers will learn: the high cost of sleep deprivation how to prepare for a good night's sleep ways to deal with middle-of-the-night plumbing problems whether medication will help how to calm an overactive brain how to deal with pain, sleep apnea, and restless leg syndrome Refreshment, new energy, and a revitalized life await the readers of Lisa's new book.



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