

Written by former insomniac and longtime journalist, Janet Kinosian--who cured herself by using these methods--The Well-Rested Woman offers sixty inventive ways to help any woman get a good nights sleep. Change your sleep by changing your life!Attune your circadian rhythmsUncover your chronic sleep positionsWrite a sleep biographyCry at night if you want toMake friends with your nightmaresFeng Shui yourself to sleepFilled with inspiring quotes and lists of sleep-promoting herbs and vitamins, The Well-Rested Woman is every womans ultimate companion to a lifetime of rejuvenating, restful good nights.

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