



Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School

By Gregg D. Jacobs

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Introduction by Dr. Herbert Benson, author of *The Relaxation Response* A drug-free, scientifically proven program for conquering insomnia in six weeks.

At least thirty million adults are the stress of severe, chronic insomnia, and the numbers of sufferers are growing. Dr. Gregg Jacobs has used the six-week program offered in *Say Good Night to Insomnia* to help thousands of insomnia sufferers at the Behavioral Medicine Insomnia Program at Boston's Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School. The program succeeds by helping insomniacs change the way they think about sleep, making it a friend instead of an enemy. Among the many topics addressed are these:

- * Developing a sleep enhancing lifestyle including diet, exercise, and an understanding of the importance of body temperature
- * Stopping a dependency on sleeping pills
- * Managing negative emotions, stress, and anxiety
- * Quieting the mind and body to enhance inner feelings of peace

Say Good Night to Insomnia is an empowering book that lets insomniacs take control of their minds and bodies by giving them the knowledge and techniques to overcome their problem forever.

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Editorial Review

From Library Journal

First-time authors Jacobs and Wiedman bring two complementary and responsible viewpoints to the topic of insomnia. Both have suffered from insomnia, write extensively about the ineffectiveness and sometime harmful consequences of sleeping pills, and suggest starting treatment by keeping a sleep diary. Jacobs, a professor at Harvard Medical School and founder of the Behavioral Medicine Insomnia Program, promotes a drug-free program of healthy sleep patterns based on biofeedback, relaxation, positive thinking, and good sleep habits. Wiedman, a mortgage broker by trade, suggests a very simple three-step plan. While the two books offer similar information, Jacobs's scholarly manner will satisfy those looking for an authoritative answer, while Wiedman's more informal approach will appeal to readers seeking something more personal; Wiedman also includes an excellent annotated list of Internet resources. Both titles are highly recommended for growing consumer health collections, but librarians should be aware that other recent works on this topic by Theresa DiGeronimo, Jodi Mindell, and Gary Zammit (LJ 6/1/97) may already be on the shelves. Kelly Hensley, East Tennessee State Univ. Lib., Johnson City
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Review

"The breakthrough program with the scientifically proven power to help you sleep again." --Joan Borysenko, author of *Minding the Body, Ming the Mind*

About the Author

Gregg D. Jacobs, Ph. D., is an insomnia specialist at the Sleep Disorders Center at the University of Massachusetts Medical School. As a senior scientist at Harvard's Mind/Body Medical Institute and an assistant professor of psychiatry at Harvard Medical School, he spent almost twenty years treating and researching insomnia. More information on the studies supporting his program is available on his Web site, www.cbtforinsomnia.com.

Users Review

From reader reviews:

Billy Reynolds:

Hey guys, do you really want to find a new book to study? Maybe the book with the headline Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School suitable to you? The actual book was written by well-known writer in this era. Typically the book entitled Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School is the main one of several books which everyone reads now. That book was inspired a lot of people in the world. When you read this review you will enter the new way of measuring that you never knew before. The author explained their concept in the simple way, so all of people can easily be aware of the core of this book. This book will give you a lot of information about this world now. To help you see the represented of the world in this particular book.

John Carroll:

In this age globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. The actual book that recommended to your account is Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School this publication consist a lot of the information in the condition of this world now. This particular book was represented how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. The writer made some analysis when he makes this book. This is why this book acceptable all of you.

James Barclay:

That e-book can make you to feel relax. This particular book Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School was colourful and of course has pictures around. As we know that book Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School has many kinds or genre. Start from kids until teens. For example Naruto or Detective Conan you can read and believe you are the character on there. Therefore , not at all of book are usually make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book in your case and try to like reading in which.

Phyllis Wilder:

Book is one of source of expertise. We can add our information from it. Not only for students and also native or citizen want book to know the up-date information of year to help year. As we know those publications have many advantages. Beside all of us add our knowledge, also can bring us to around the world. By the book Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School we can take more advantage. Don't one to be creative people? To get creative person must love to read a book. Just simply choose the best book that acceptable with your aim. Don't always be doubt to change your life at this book Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School. You can more desirable than now.

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