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Jessamy Hibberd, Jo Usmar

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Todos pasamos por periodos en nuestra vida en los que tenemos problemas para dormir. O bien no podemos quedarnos dormidos o bien nos despertamos demasiado temprano, con la cabeza como un bombo de darle vueltas a lo que nos preocupa. A veces conseguir dormir una noche entera parece tarea imposible, a pesar de que lo necesitemos desesperadamente. Este libro te ayudará a romper patrones negativos, a descansar más y a mejorar tu bienestar general.

La doctora Jessamy Hibberd y Jo Usmar se basan en las últimas investigaciones de terapia cognitiva y en la psicología moderna para proporcionarte técnicas probadas y ejercicios prácticos que te ayudarán a volver a dormir como un bebé. Te sentirás más descansado, más feliz y empezarás a notar los beneficios de un buen reposo en tu vida diaria.

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