



The Well-Rested Woman: 60 Soothing Suggestions for Getting a Good Nights Sleep

Janet Kinosian

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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 night's sleep. Change your sleep by changing your life!

Attune your circadian rhythms
Uncover your chronic sleep positions
Write a sleep biography
Cry at night if you want to
Make friends with your nightmares
Feng Shui yourself to sleep

Filled with inspiring quotes and lists of sleep-promoting herbs and vitamins, *The Well-Rested Woman* is every woman's ultimate companion to a lifetime of rejuvenating, restful good nights.



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