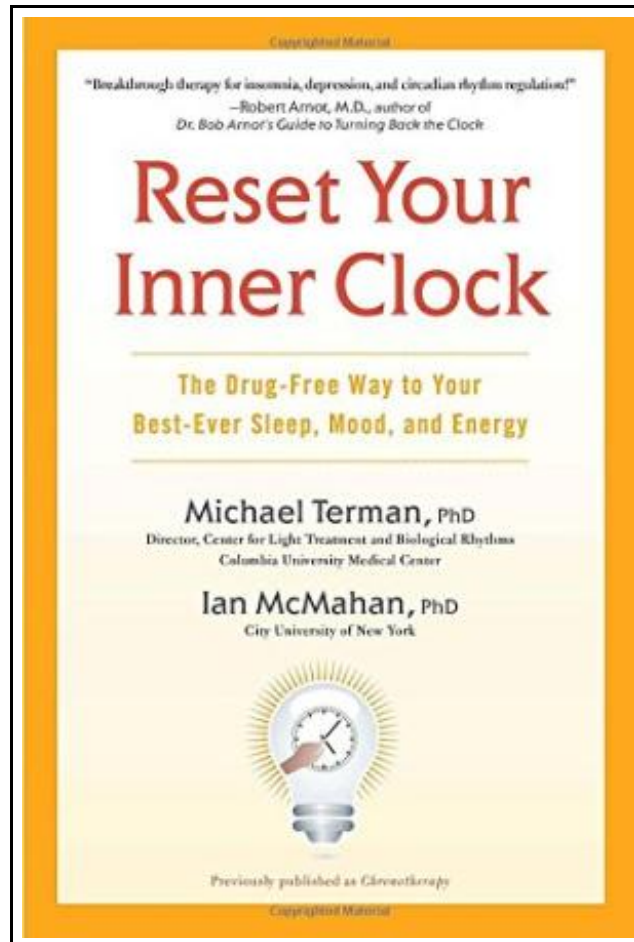


Reset Your Inner Clock: The Drug-Free Way to Your Best-Ever Sleep, Mood, and Energy



Filesize: 8.69 MB

Reviews

These sorts of ebook is the best publication accessible. It is amongst the most amazing ebook i actually have read. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Jace Gusikowski IV)

RESET YOUR INNER CLOCK: THE DRUG-FREE WAY TO YOUR BEST-EVER SLEEP, MOOD, AND ENERGY



Avery Trade. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 9.0in. x 5.9in. x 1.2in. Sleep problems and depressed mood go hand in hand, forming a frustrating cycle. Michael Terman has analyzed the brain functions that feed these disorders. In *Reset Your Inner Clock*, he reveals the heart of his findings, a powerful program that recalibrates our internal clocks--our exquisitely designed sensitivity to the timing and brightness of light exposure. He shows how these need to be tuned to the modern demands of a 24/7 society. Beginning with a questionnaire that pinpoints the problem areas, Terman helps readers decipher when their natural internal night begins and ends. The treatment process then begins, incorporating the power of natural light with supplemental light therapy. His program has brought relief to thousands of sleep sufferers, as well as those burdened by bipolar disorder, seasonal affective disorder, depression, sleep disorders due to shiftwork schedules, and other impediments to vibrant health. His comprehensive coverage includes: External vs. Internal Time: The clock on the wall measures twenty-four hours every day, but the clock in your brain runs a little different. How can you help them work together? The Pressure to Sleep: The longer you stay awake, the more pressure you feel to sleep. But what if your inner clock says it is not yet ready for sleep? Owls, Larks, and Hummingbirds: What kind of bird are you? And once you know, how can that help you figure out when best to get stuff done? Getting Light into the Brain: How do your eyes pass signals to your inner clock, and what makes those signals so important? Getting Light Wrong: Seeing light and being in darkness are basic daily experiences. But what happens when they come at the wrong times, and why does that have such negative consequences for mood, alertness,...



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Mohd Shahrin Bin Daud, United States, 2015. Paperback. Book Condition: New. Siti Haziqah Samsul (illustrator). 244 x 170 mm. Language: Chinese . Brand New Book ***** Print on Demand *****.This book is bilingual (Japanese-English) edition.

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