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The Power of Rest: Why Sleep Alone is Not Enough a 30-day Plan to Reset Your Body

By Matthew Edlund

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Power of Rest: Why Sleep Alone is Not Enough a 30-day Plan to Reset Your Body, Matthew Edlund, Rest is vital to our well being. As important as adequate hydration and nourishing foods, the human need for rest is often overlooked and can be the first thing compromised when we are stressed and busy. We are having difficulty sleeping and even more often, never feeling truly refreshed. In "The Power of Rest" readers will learn about the crucial four types of rest: physical, mental, social, and spiritual. This 30 day innovative program is based on the author's years of research and experience with rest-deprived patients. Through step-by-step instructions, readers will learn how to engage the body's power to restore, renew and replenish. This program serves anyone feeling sleep deprived or fatigued as well as offering a potent program for those wanting to lose weight or heal. Also, the lack of cellular repair is a major contributing factor to aging. This program can reverse that tired look that often prompts the call to a plastic surgeon. Developed by a highly regarded physician trained in sleep medicine, psychiatry, occupational health, and internal...



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This composed book is great. It is actually loaded with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

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