

Nurse, Nurse, I m Worse! Can You Help Me Sleep? (Paperback)



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Reviews



This book is fantastic. It really is packed with wisdom and knowledge I am pleased to explain how this is the greatest ebook i actually have go through in my personal daily life and can be he greatest ebook for at any time.

(Mr. Zachariah O'Hara)

NURSE, NURSE, I M WORSE! CAN YOU HELP ME SLEEP? (PAPERBACK)



Clovercroft Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Are you counted among the millions that are asking, Sleep! What s that? Then meet Joni Bellew, RN, certified nutrition coach, and creator of the N.U.R.S.E. Approach to Restorative Sleep--a coaching model designed for insomniacs of all ages--as showcased in this book. With the help of your very own nurse coach, in no time at all, you ll begin tackling the insomnia problem by asking yourself a very important question, What s keeping me up at night? Perhaps it s a fear of missing out that is keeping you from powering down, disconnecting and relaxing, so sleep can eventually overtake you? Or maybe you re an exhausted new mother or a weary caregiver. No matter what your story happens to be, allow Amanda, the fun fictitious insomniac from the movie, Holiday--a running theme throughout the text--to perfectly illustrate how you, too can start counting Zzz s each night, instead of those pesky baaaaad sheep. As you examine each of the five areas: Nutrition, Uncluttering, Remodeling, Spirituality, and Exercise, you ll discover how to exchange your sleep deprived life for a fantastic sleep life filled with pleasant dreams, just like Amanda did with her Holiday house swap. Equip yourself with a few sleep Q-tips (Q for quality) at the end of each section, to avoid a myriad of maladies caused by chronic insomnia. Discover how nursing theory, along with a touch of whimsy and a tad of tried and true southern culture--from a Judeo-Christian perspective--provides a timeless cure for insomnia.

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