



Insomnia: The Integrative Mental Health Solution: Safe, affordable and effective non-medication treatments of insomnia

James Lake MD

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This book is offered as a practical resource on safe, effective and affordable treatments of insomnia from the perspective of integrative mental healthcare.

Integrative mental healthcare:

- is a person-centered approach to mental health care
- takes into account the needs and preferences of each unique person
- focuses on maintaining optimal health and treating symptoms not disorders
- uses both conventional mainstream approaches like medications and psychotherapy, and alternative therapies like herbal medicines and acupuncture
- is based on the best available medical evidence

If you have problems sleeping and you are taking a medication that isn't helping, experiencing adverse effects, or you simply can't afford to continue taking a medication that is working this book provides valuable information about non-medication alternatives that will help you sleep better such as herbals and other natural supplements, whole body approaches, meditation and mind-body practices, and energy therapies.

This book is written to give you the maximum amount of information in the least amount of time. From the contents you can instantly navigate to sections that will help you:

- Understand insomnia better
- Take inventory of your symptoms
- Identify treatments that make sense for you based on the evidence
- Learn about a range of specific non-medication and integrative approaches for treating insomnia
- Develop a customized treatment plan that is right for you
- Re-evaluate your treatment plan and make changes if your initial plan doesn't work

If you're sleeping well now but you've struggled with insomnia in the past this book will help you sleep better consistently. Most important this book will help you think about your mental health care in a more holistic way.

If you are a mental health professional this book provides concise, jargon-free summaries of scientifically validated non-medication treatments you can use when advising clients about safe, effective approaches for treating insomnia.

An appendix with links to valuable internet resources is included to help you find quality brands of natural supplements and important safety information.

This book is part of a series on non-medication treatments of mental health problems. Other books in the series cover:

- Your Mental Healthcare: The Integrative Solution (Free)
 - Anxiety
- Attention-deficit hyperactivity disorder (ADHD)
- Bipolar disorder
- Depression
 - Post-traumatic stress disorder (PTSD)
- Psychosis
- Substance abuse

The series has a companion website <http://www.theintegrativementalhealthsolution.com/> where you can sign up for a free monthly e-newsletter, read the author's blogs on integrative mental healthcare, and find links to valuable internet resources on a variety of non-medication and integrative approaches for treating many common mental health problems.

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Delores Villarreal:

A lot of people always spent their free time to vacation or even go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you would like try to find a new activity that is look different you can read a new book. It is really fun for you. If you enjoy the book that you read you can spent the entire day to reading a publication. The book Insomnia: The Integrative Mental Health Solution: Safe, affordable and effective non-medication treatments of insomnia it is quite good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. When you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to cover but this book offers high quality.

Erika Yoon:

A lot of guide has printed but it differs from the others. You can get it by web on social media. You can choose the top book for you, science, comic, novel, or whatever by searching from it. It is identified as of book Insomnia: The Integrative Mental Health Solution: Safe, affordable and effective non-medication treatments of insomnia. You can include your knowledge by it. Without making the printed book, it could possibly add your knowledge and make a person happier to read. It is most essential that, you must aware about book. It can bring you from one place to other place.

Harry Barnes:

What is your hobby? Have you heard which question when you got learners? We believe that that query was given by teacher for their students. Many kinds of hobby, Every individual has different hobby. And you know that little person like reading or as studying become their hobby. You need to know that reading is very important and also book as to be the issue. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You discover good news or update regarding something by book. A

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