



# **Manda al Insomnio a Dormir: 8 simples pasos para curar el insomnio y despertarte temprano (Spanish Edition)**

*Ed Martin*

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¿Cansado de dar vueltas en tu cama y pasar horas sin poder conciliar el sueño?

El insomnio es el trastorno de sueño más común en la humanidad y afecta nuestra productividad, estado mental y emocional y nuestra salud.

Este libro contiene una guía para eliminar el insomnio en 8 simples pasos sin usar pastillas para dormir.

Contenido:

- \* Que es el insomnio.
- \* Tipos y causas del insomnio.
- \* Los diferentes tratamientos para el insomnio.
- \* Diferentes tipos de trastornos del sueño.
- \* Estrategias para eliminar el insomnio.
- \* Ocho simples pasos para eliminar el insomnio para siempre.
- \* Cómo evaluar si tu insomnio está desapareciendo.
- \* Y más...

No más noches despierto. Aprende como dormir rápido, incrementa tu productividad y mejora tu estado de ánimo.

Dulces sueños...

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