



# **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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In this period globalization it is important to someone to find information. The information will make you to definitely understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. The actual book that recommended for your requirements is Insomnia: The Integrative Mental Health Solution: Safe, affordable and effective non-medication treatments of insomnia this publication consist a lot of the information in the condition of this world now. That book was represented so why is the world has grown up. The words styles that writer value to explain it is easy to understand. Typically the writer made some exploration when he makes this book. That is why this book suitable all of you.

#### **Mary Parker:**

As a college student exactly feel bored in order to reading. If their teacher inquired them to go to the library or to make summary for some book, they are complained. Just little students that has reading's spirit or real their leisure activity. They just do what the trainer want, like asked to go to the library. They go to there but nothing reading very seriously. Any students feel that studying is not important, boring and also can't see colorful photographs on there. Yeah, it is to become complicated. Book is very important for you personally. As we know that on this era, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore , this Insomnia: The Integrative Mental Health Solution: Safe, affordable and effective non-medication treatments of insomnia can make you sense more interested to read.

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What is your hobby? Have you heard in which question when you got learners? We believe that that query

was given by teacher for their students. Many kinds of hobby, Everyone has different hobby. And also you know that little person similar to reading or as studying become their hobby. You have to know that reading is very important as well as book as to be the factor. Book is important thing to add you knowledge, except your current teacher or lecturer. You see good news or update regarding something by book. Numerous books that can you take to be your object. One of them is niagra Insomnia: The Integrative Mental Health Solution: Safe, affordable and effective non-medication treatments of insomnia.

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