



# Natural Sleep: How to Beat Insomnia Without Drugs

*Anthea Courtenay*

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**Natural Sleep: How to Beat Insomnia Without Drugs** Anthea Courtenay

Insomnia is one of the most distressing health complaints and one which has many different causes. The most obvious remedies, sleeping pills, are among the most dangerous drugs on prescription, and can be habit forming. The aim of this book is to help the sufferer to identify the causes and contributory factors in their own case, and to suggest a variety of solutions, from relaxation to natural therapies.

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