



Aprender a dormir bien / Learning to Sleep Well: Estrategias Infalibles Para Combatir El Insomnio (Spanish Edition)

Chris Idzikowski

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Aprender a dormir bien es una guía profusamente ilustrada que proporciona la clave para disfrutar de un sueño más reparador. El autor ofrece sugerencias para hacer frente a los elementos que perturban el sueño, como las pesadillas o los ronquidos de la pareja, así como consejos sobre los remedios naturales que ayudan a dormir profundamente, entre los que se incluye la meditación, el masaje, las hierbas medicinales y la aromaterapia. Enriquecido con más de 60 ilustraciones creadas especialmente para favorecer la inspiración visual, el libro aborda todos los aspectos del sueño, desde cómo enfrentarse a los distintos tipos de fatiga hasta cómo crear el entorno ideal para dormir basándose en los principios del milenar arte chino del Feng Shui.

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