



The Can't Sleep Colouring Journal

Dr Sarah Jane Arnold

Keynote

The Can't Sleep Colouring Journal will help you colour your worries and anxieties away and re-establish a restful sleeping pattern.

Description

When your mind just won't switch off and you're fed up of tossing and turning in your bed, pick up this unique book and discover a new and creative way of getting a good night's sleep.

Along with gorgeous patterns to colour you'll also find:

- Simple tailored exercises designed to calm the mind, promote well-being and help you relax, ready for sleep
- Expert hints and tips on developing a good bedtime routine
- Inspirational quotes and plenty of room for your own thoughts and musings

Sales Points

- One in three people suffer from some form of insomnia during their lifetime
- Features expert advice on optimizing your sleep
- Contains illustrations for you to colour, well known to be a calming and relaxing activity
- From the publishers of *The Can't Sleep Colouring Book* (over 71k copies sold)
- £9.99 inc. VAT/£8.32 ex. VAT

Author Biography

Dr Sarah Jane Arnold, CPsychol, is a Chartered Counselling Psychologist. In her private practice she works with people experiencing life issues and specific mental health difficulties to enhance their wellbeing, via integrative, mindfulness-informed, psychological therapy. Sarah is proficient in Person-Centred Therapy, Cognitive-Behaviour Therapy, and Acceptance and Commitment Therapy. She tailors her therapeutic approach to the individual.

Sarah believes in the transformative power of mindfulness to facilitate self-awareness and psychological wellbeing. As such, she remains committed to the practice of mindfulness in her personal life too. Sarah lives in Brighton with her partner, Mine, their dog, Oprah, and Priscilla the bearded dragon.

You can find Sarah at www.themindfulpsychologist.co.uk.

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