



You Can Sleep Well: The ABCs of Restful Sleep for the Average Person

By Edmund Jacobson

Martino Fine Books, United States, 2011. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.2011 Reprint of 1938 Edition. Full facsimile of the original edition, not reproduced with Optical Recognition Software. Illustrated with photographs demonstrating the techniques outlined. If anyone persists in reading this book, he is in danger of finding that he can sleep better, if he will practice what it preaches. For it has been shown in my laboratory that sleep can be cultivated. -from the Preface. Edmund Jacobson was an American physician in internal medicine and psychiatry and a physiologist. He was the founder of the Progressive Muscle Relaxation and of Biofeedback. Jacobson was able to prove the connection between excessive muscular tension and different disorders of body and psyche. He found out that tension and exertion was always accompanied by a shortening of the muscular fibers, that the reduction of the muscular tonus decreased the activity of the central nervous system, that relaxation was the contrary of states of excitement and well suited for a general remedy and prophylaxis against psychosomatic disorders.



[DOWNLOAD PDF](#)



[READ ONLINE](#)
[2.1 MB]

Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e ebook. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- Mark Bernier