

## Goodnight Mind Turn Off Your Noisy Thoughts And Get A Good Nights Sleep Colleen E Carney

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Colleen E. Carney PhD, Rachel Manber PhD, “Goodnight Mind: Turn Off Your Noisy Thoughts and Get a Good Night’s Sleep” ISBN: 160882618X | 2013 | EPUB/MOBI | 192 pages | 2 MB/2 MB

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Turn off the light. Turn off your phone. Turn off anxious thoughts. Do you have trouble getting to sleep at night? You aren't alone. There are so many reasons teens today have a difficult time going to sleep—including early school start times, too much late-night screen time, or just being anxious about what the future holds. You are at an important crossroads in your life, so it's ...

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