

Sleep Sound Pro

Miki Yamaguchi,Iwae Irie

Sound Sleep, Sound Mind Barry Krakow, 2010-12-10 Praise for SOUND SLEEP, SOUND MIND If you are one of the 100 million Americans suffering from poor quality sleep, Sound Sleep, Sound Mind provides a refreshing look at getting to the real solutions for our sleep-deprived, over-caffeinated, over-medicated, over-stressed, and exhausted society. Look no further to find the ways to address the root causes of your sleep problems. --Mark Hyman, MD, author of the New York Times bestseller, *UltraMetabolism* and editor in chief of *Alternative Therapies in Health and Medicine* An excellent book that won't put you to sleep until bedtime--Sound Sleep, Sound Mind convinced me how important sleep is to good health. This is a wonderful treatment that teaches you how to identify and cope with feelings and emotions--one of the best, long-term remedies for insomnia.? --Leslie S. Greenberg, PhD, Professor of Psychology at York University and author of *Emotion-Focused Therapy* At last, a book that addresses all the elements of sleep disturbances: biological, behavioral, emotional, and cognitive. Sound Sleep, Sound Mind will bring relief to the millions suffering from insomnia and other sleep ailments. --Kenneth L. Lichstein, PhD, Professor of Psychology at The University of Alabama and Director of the Sleep Research Project Sound Sleep, Sound Mind is the first book of its kind to focus on all the causes--mental, emotional, and physical--that contribute to insomnia and poor sleep. Based on cutting-edge knowledge and research, this book explains why sleep problems are almost always a mind and body issue. It then guides you through the seven steps of Sleep Dynamic Therapy to identify and treat the specific problems that are at the root of your sleeplessness. You'll discover that the Sleep Dynamic Therapy program not only improves your sleep quality, but also enhances many other aspects of your mental and physical well-being. Whether you currently take over-the-counter or prescription sleeping pills, suffer from chronic or occasional insomnia, or awaken without feeling refreshed and energized, Sound Sleep, Sound Mind will help you get the sleep you deserve.

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Basic Live Sound Reinforcement Raven Biederman, Penny Pattison, 2013-07-18 Access and interpret manufacturer spec information, find shortcuts for plotting measure and test equations, and learn how to begin your journey towards becoming a live sound professional. Land and perform your first live sound gigs with this guide that gives you just the right amount of information. Don't get bogged down in details intended for complex and

expensive equipment and Madison Square Garden-sized venues. Basic Live Sound Reinforcement is a handbook for audio engineers and live sound enthusiasts performing in small venues from one-mike coffee shops to clubs. With their combined years of teaching and writing experience, the authors provide you with a thorough foundation of the theoretical and the practical, offering more advanced beginners a complete overview of the industry, the gear, and the art of mixing, while making sure to remain accessible to those just starting out.

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