



Join us for a signing of

Sink Into Sleep

A Step-By-Step Workbook
for Reversing Insomnia

By Judith R. Davidson, PhD

Doing everything right
but you still can't sleep?

Sink Into Sleep breaks down the professional "Cognitive Behavioral Therapy for Insomnia" (CBT-I) into an easy, step-by-step format that actually works to reverse insomnia. Veteran sleep clinician, Judith Davidson's, easy, structured program is based in sleep science and tested in randomized controlled trials for chronic insomnia. You will be relieved to find a book that will finally put you to sleep!

Come for cookies and tea and a chat with Dr. Judith Davidson!

When: Saturday, October 19, 2013 from 1-3 p.m.

Where: Ben McNally Books
366 Bay Street
Toronto, ON M5H 4B2

You may also call Ben McNally Books at **+1 416-361-0032** to order your copy of ***Sink Into Sleep*** today!



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