

Insomniac Gayle Greene

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Insomniac Gayle Greene

Gayle Greene has written a wonderfully witty and harrowing memoir of her life with insomnia. Insomniacs will find a lot to empathize with here, as she recounts each failed treatment and wacky solution prescribed by professionals and non-professionals (most of whom are "normal sleepers") who just don't get it.

Insomniac by Gayle Greene - Goodreads
"The good news is that Gayle Greene's book is all you ever need to read on the subject of sleeplessness; the bad news for fellow insomniacs is that reading it—even in bed—will fail to lull you to sleep." --Billy Collins, former Poet Laureate
"Insomniac is far too interesting to lull you into dreamland."--Francine Prose, O: The Oprah Magazine

Insomniac - Travellin
Gayle Greene is Professor of Literature and Women's Studies at Scripps College, Claremont California. She has published books on Shakespeare, women writers, and scientific issues. Her most recent books are Doris Lessing: The Poetics of Change and The Woman Who Knew Too Much: Alice Stewart and the Secrets of Radiation. She is a member of the American Academy of Sleep Medicine (AASM), a ...

Insomniac - Gayle Greene - Google Books
Gayle Greene 'gets it' as only another insomniac can. She educates, advises, and comforts with a steady, sympathetic hand."--Timothy Miler, PhD
"The good news is that Gayle Greene's book is all you ever need to read on the subject of sleeplessness; the bad news for fellow insomniacs is that reading it --even in bed--will fail to lull you to sleep."--Billy Collins, former Poet Laureate of the U.S.

Insomniac: 858000529463: Medicine & Health Science Books ...
In Charles Simic's poem "Hotel Insomnia," the wakeful poet overhears the sobs of a child and imagines that the sobs are his own. These unhappy nocturnal cries echo through Insomniac (University of California Press), Gayle Greene's passionate exploration of the reasons sleep eludes us and of how much "and little" we know about this exasperating and potentially life-ruining condition ("The first ...

Insomniac by Gayle Greene - Oprah.com

Gayle Greene 'gets it' as only another insomniac can. She educates, advises, and comforts with a steady, sympathetic hand."--Timothy Miler, PhD
"The good news is that Gayle Greene's book is all you ever need to read on the subject of sleeplessness; the bad news for fellow insomniacs is that reading it --even in bed--will fail to lull you to sleep."--Billy Collins, former Poet Laureate of the U.S.

Insomniac - Gayle Greene - Google Books

Gayle Greene's Insomniac is an amazing memoir. For one thing, it lacks the self-absorption one fears when picking up a book-length memoir. The Moby Dick of this book is the condition of insomnia. The Ishmael is Gayle Greene. Or is she an exhausted Odysseus, struggling through a daunting voyage, pursued by vengeful gods?

Insomniac: Amazon.co.uk: Gayle Greene: 9780749929329: Books
Gayle Greene offers a uniquely comprehensive account of the devastating and little-understood condition of insomnia. From interviews with neurologists, sleep researchers, doctors, psychotherapists, and insomniacs of all sorts comes an up-to-date account of what is known about insomnia, providing the information every insomniac needs to know to make intelligent choices among medications and ...

"Insomniac" by Gayle Greene

Gayle Greene's "Insomniac" is the only mainstream book that takes insomnia--and more importantly, insomniacs--seriously. It is NOT another one of those manuals with idiotic clichéd advice, such as "Don't drink coffee after 5pm;" "Drink hot milk before going to bed;" and "Just relax, and stop worrying so much," etc.

Insomniac - Kindle edition by Greene, Gayle, Professional ...
Gayle Greene's Insomniac is an amazing memoir. For one thing, it lacks the self-absorption one fears when picking up a book-length memoir. The Moby Dick of this book is the condition of insomnia. The Ishmael is Gayle Greene. Or is she an exhausted Odysseus, struggling through a daunting voyage, pursued by vengeful gods?

Insomniac: A fascinating exploration of Insomnia for ...
Gayle Greene 'gets it' as only another insomniac can. She educates, advises, and comforts with a steady, sympathetic hand."--Timothy Miler, PhD
"The good news is that Gayle Greene's book is all you ever need to read on the subject of sleeplessness; the bad news for fellow insomniacs is that reading it --even in bed--will fail to lull you to sleep."--Billy Collins, former Poet Laureate of ...

Insomniac by Gayle Greene - Paperback - University of ...

Gayle Greene discusses her book Insomniac. Part memoir, part scientific reportage and analysis, a book for all of us who wish to know more about sleep, the condition which consumes one third of ...

Advice for Insomniacs - Gayle Greene

Gayle Greene's Insomniac is an amazing memoir. For one thing, it lacks the self-absorption one fears when picking up a book-length memoir. The Moby Dick of this book is the condition of insomnia. The Ishmael is Gayle Greene. Or is she an exhausted Odysseus, struggling through a daunting voyage, pursued by vengeful gods?

Insomniac: Greene, Gayle: 858000529463: Neurology: Amazon ...

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Best Read [Gayle Greene] Insomniac | | [Historical Fiction ...
Gayle Greene 'gets it' as only another insomniac can. She educates, advises, and comforts with a steady, sympathetic hand." Timothy Miler, PhD
"The good news is that Gayle Greene's book is all you ever need to read on the subject of sleeplessness; the bad news for fellow insomniacs is that reading it even in bed will fail to lull you to sleep."

Insomniac: Gayle Greene: Hardcover: 9780520246300: Powell ...
Gayle Greene is professor of English at Scripps College. She's published a biography of radiation epidemiologist Dr Alice Stewart, The Woman Who Knew Too Much, and is at work on a memoir. Her book Insomniac was Amazon's No. 1 pick of March, 2008 and was short listed for the Gregory Bateson Prize in Cultural Anthropology.

Confessions of an insomniac | Complete Wellbeing

Gayle Greene is the author of Insomniac (3.88 avg rating, 156 ratings, 31 reviews, published 2008), Missing Persons (4.47 avg rating, 19 ratings, 7 revie...

Gayle Greene (Author of Insomniac) - Goodreads

Gayle Greene. Welcome to my world... Missing Persons. Insomniac. The Woman Who Knew Too Much. ... Insomniac. As I set out to discover what is known about insomnia (not much, it turns out), I became fascinated by the world of sleep science, and the book became more and more scientific.

GayleGreene.org

In this revelatory book, Gayle Greene offers a uniquely comprehensive account of this devastating and little-understood condition. She has traveled the world in a quest for answers, interviewing neurologists, sleep researchers, doctors, psychotherapists, and insomniacs of all sorts.

Insomniac by Gayle Greene, 2008 | Online Research Library ...

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