

Insomniac By Gayle Greene

By Gayle Greene

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Doing so has already helped me and my insomniac clients immensely. Gayle Greene gets it as only another insomniac can. She educates, advises,

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Aug 06, 2013 Gayle Greene's exhaustively researched "Insomniac" was certainly eye-opening for Gayle Greene is a literature professor who spent years researching

Description. Gayle Greene offers a uniquely comprehensive account of the devastating and little-understood condition of insomnia. From interviews with neurologists

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Gayle Greene has suffered from chronic insomnia all her life. She has explored an astonishing array of remedies, from hardcore sleeping pills to alternative therapies

Francine Prose reviews *Insomniac* by Gayle Greene for *O, The Oprah Magazine*

Get this from a library! *Insomniac*.. [Gayle Greene] -- I can't work, I can't think, I can't connect with anyone anymore I mope through a day's work and haven't

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May 19, 2008 NPR coverage of Gayle Greene: News, Gayle Greene, author of *Insomniac*, explains how sleepless nights can have a devastating effect on daily routines.

Author information. Gayle Greene is a Professor of Literature and a life-long insomniac. She is a member of the American Academy of Sleep Medicine, a professional

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Gayle Greene does a first-rate job of putting a human face on insomnia, an affliction often described in dry, impersonal terms. A lifelong insomniac, Greene

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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 condi

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Gayle Greene is the author of Insomniac (3.77 avg rating, 126 ratings, 24 reviews, published 2008), Making A Difference (3.08 avg rating, 13 ratings, 1 r

INSOMNIAC (U of California Press) Gayle Greene has published dozens of articles in scholarly journals such as Signs, Contemporary Literature,

Longtime insomniac Gayle Greene talks about her own struggles with sleeplessness, and why so many other Americans have sleeping disorders. Her new book is Insomniac.