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A Pocket Coach: The Sleep Coach

Dr Sarah Jane Arnold

Keynote

Your cool pocket companion and one-stop guide to improve your sleep! The third in this pocket-sized range of gift self-help titles, designed to help you improve your sleep and as a consequence your quality of life.

Description

Your cool pocket companion and one-stop guide to improving your sleep!

From the best-selling author of *The Mindfulness Companion* and *The Can't Sleep Colouring Journal* comes the third in our pocket-sized range of gift self-help titles, designed to help you improve your sleep and as a consequence your quality of life. From diet and exercise to underlying stress or anxiety, Dr Arnold helps you nail your sleep patterns and get the quality sleep you deserve. With expert tips and guidance, exercises, techniques and check-lists – this is your one-stop, trusty and beautiful companion for everyday reference and rest!

Sales Points

- Luxe gift, perfect for a birthday or Christmas present
- Accessible, clear, expert advice and exercises
- Pocket-sized, sturdy and cool
- Dr Sarah Jane Arnold is a Chartered Counselling Psychologist and mindfulness practitioner

Author Biography

Dr Sarah Jane Arnold, CPsychol, is a Chartered Counselling Psychologist. In her private practice she works with people experiencing life issues and specific mental health difficulties to enhance their wellbeing, via integrative, mindfulness-informed, psychological therapy. Sarah is proficient in Person-Centred Therapy, Cognitive-Behaviour Therapy, and Acceptance and Commitment Therapy. She tailors her therapeutic approach to the individual.

Sarah believes in the transformative power of mindfulness to facilitate self-awareness and psychological wellbeing. As such, she remains committed to the practice of mindfulness in her personal life too. Sarah lives in Brighton with her partner, Mine, their dog, Oprah, and Priscilla the bearded dragon.

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www.mombooks.com

