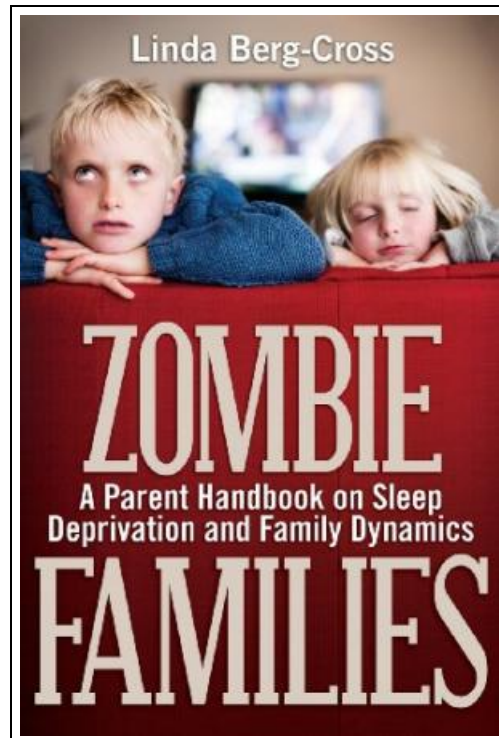


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ZOMBIE FAMILIES: A PARENT HANDBOOK ON SLEEP DEPRIVATION AND FAMILY DYNAMICS (PAPERBACK)

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Dog Ear Publishing, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Dr. Berg-Cross is a Professor of Psychology at Howard University in Washington, D. C. and board certified in clinical psychology (ABPP) and behavioral sleep medicine (AASM). She is the author of two classic textbooks (Basic Concepts in Family Therapy, Haworth Press and Couples Therapy, Routledge Press) and over 50 scholarly articles. An international educator and trainer, she has developed many new intervention programs and techniques including the Cornerstone Method of Couple Counseling, the Therapeutic Dialogue, the S3 Smoking Cessation Program, and the SOS Sleep Program for New Mothers and Fathers. Dr. Berg-Cross work is infused with a transcultural philosophy, which nurtures flexibility, promotes complex life perspectives, and elicits the best in others and ourselves by mastering conflicting dreams and values. Her work on insomnia creatively blends her expertise in family therapy with behavioral sleep medicine techniques. She lives in Potomac, Maryland with her husband, Gary. ZOMBIE FAMILIES The purpose of this book is to help families explore how sleep deprivation is affecting both individual and family dynamics. Family experiences affect virtually every aspect of our lives, including self image, motivations, attitudes and interpersonal relationships. We now have evidence that family dynamics also shape the quality, quantity, and nature of our sleep life. The family issues impacting our sleep and the family issues impacted by our sleep appear to be every bit as important, complicated, and nuanced as the family issues affecting our waking hours. In this short book, we will discuss the avalanche of problems that occur when we don t get enough high quality sleep. We will explore sleep problems at each developmental stage and trace how family dynamics influence each person s sleep patterns. We will highlight the bidirectional relationship between...



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