

INTRODUCTION: WHY AMERICA CAN'T SLEEP

CHAPTER 1 PROFILES IN SOUNDER SLEEP

CHAPTER 2 HOW TO USE THIS BOOK

CHAPTER 3 RELAX YOUR BODY

- * Relaxing Mini-Move #1: The Pelvic Rock ...
- * Relaxing Mini-Move #2: Unlocking Your Rib "Cage" ...
- * Relaxing Mini-Move #3: Lengthening One Side of Your Trunk ...
- * Relaxing Mini-Move #4: Slouch and Recover ...
- * Relaxing Mini-Move #5: Painting the Air (Freeing Your Arms for Action) ...
- * Relaxing Mini-Move #6: To Banish Neck and Shoulder Tension: Hang Loose!

CHAPTER 4 CALM YOUR MIND

- * Calming Mini-Move # 1: L.E.S.S. Is More
(For Deep Relaxation, Breathe Fully Rather than Deeply)
- * Calming Mini-Move #2: Making Room (For Fuller, Freer Breathing)
- * Calming Mini-Move #3: Things Are Looking Up!
- * Calming Mini-Move #4: Main Squeeze
- * Calming Mini-Move #5: A Twist of the Wrists
(Movement Meditation for Daytime Relaxation)
- * Calming Mini-Move #6: Touching Your Heart

CHAPTER 5 LULL YOURSELF TO SLEEP

- * Lulling Mini-Move #1: Breath Surfing 1
- * Lulling Mini-Move #2: Breath Surfing 2 (Going Deeper)
- * Lulling Mini-Move #3: Rocking the Cradle
- * Lulling Mini-Move #4: Tongue in Cheek
- * Lulling Mini-Move #5: The Ziggurat
- * Lulling Mini-Move #6: Welcoming Sleep with Open Arms
(Instead of Pacing the Floor)

APPENDIX A: FOR FURTHER EXPLORATION

APPENDIX B: MINI-MOVES IN BRIEF

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