



Overcoming Insomnia: Practical Help For Those Who Suffer From Sleep Deprivation (More Than Comfort)

Ray Comfort

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In *Overcoming Insomnia*, Ray Comfort—a former insomnia sufferer—gives common sense and spiritual help for a problem that plagues a large segment of our society. *Overcoming Insomnia* is not a clinical book. It is practical and spiritual. The author has suffered from insomnia and is not just a person describing it from a medical standpoint. Ray Comfort is a best-selling author who has written more than fifty books, including *Overcoming Panic Attacks*, *The Evidence Bible* (a 2002 Gold Medallion Award finalist), and *101 Things Husbands Do to Annoy Their Wives*, *Thanks A Million*, *Way of the Master*, *Intelligent Design vs Evolution*, and *God Doesn't Believe in Atheists*. He is also the co-host (with Kirk Cameron) of the award-winning TV program “The Way of the Master.” His ministry has been commended by Franklin Graham, David Wilkerson, John MacArthur, Josh McDowell, Joni Eareckson Tada, and many other Christian leaders.

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