



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

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

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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