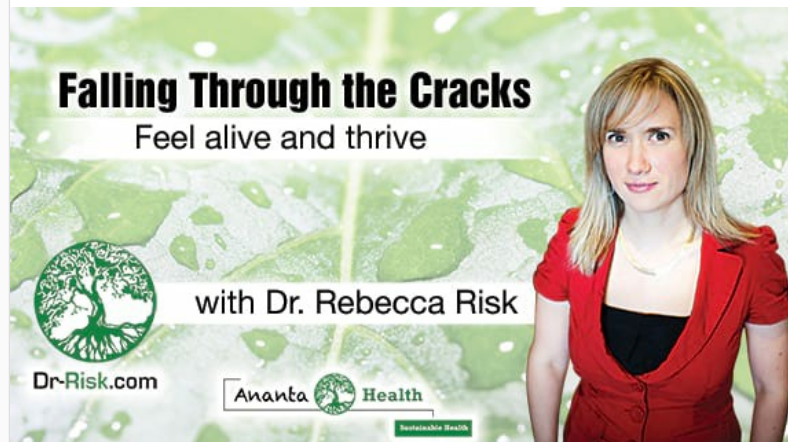


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October 21st 2019: End Insomnia with Colleen Ehrnstrom

Everyone has had a stressful day, leading to a sleepless night laying awake wondering when sleep would come. Unfortunately, for some this is a nightly battle. One in three adults suffers from insomnia, and one in ten claim it is severely debilitating. Using Behavioral and Cognitive Therapy (BCT) to help those suffering, Colleen Ehrnstrom is reaching out to those in need. In her book *End the Insomnia Struggle*, Colleen Ehrnstrom has laid out several plans to help those suffering recreate their body's patterns to sleep again. Since everyone is different, the plans can be modified around diff

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Featured Guest



Colleen Ehrnstrom

Colleen Ehrnstrom is a licensed clinical psychologist with a specialty practice in Acceptance and Commitment Therapy (ACT). Areas of expertise include insomnia and other sleep disorders, anxiety, and depression.

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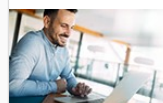
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