



## Snore No More!t (Paperback)

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By James L Mosley

International Scene Publishing Company, United States, 2006. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This third edition of Snore No More! provides easy-to-understand facts about the causes of snoring and the dangers of loud snoring. It prescribes preventative measures, self-help methods, where to get professional help, and the state-of-the-art-treatments available to stop snoring and obstructive sleep apnea (OSA) . Snore No More! is a timely, informative, patient-oriented health-care book about the pitfalls and health hazards that can result from snoring and OSA . The author shares his 39 year battle with his own obnoxious heavy snoring and OSA. This edition reveals the cutting-edge technology currently in use by doctors to screen, diagnose, and treat snoring and OSA . Snore No More! delivers a timely, A-Z sleep disorder awareness message that empowers the reader to become proactive; and help themselves, a family member, or a friend to stop snoring and live longer and healthier. Snore No More! features some intriguing real-life accounts given by sleep apnea patients that describe physical and mental suffering, loss of job, sexual and marital problems and near-death situations caused by loud snoring and OSA  
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