



The Weighted Blanket Guide: Everything You Need to Know about Weighted Blankets and Deep Pressure for Autism, Chronic Pain, and Other Conditions

Eileen Parker, Cara Koscinski

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Providing everything you need to know about the use of weighted blankets to help with sensory integration, improve sleep, ease chronic pain and more, this book includes:

- What a weighted blanket is and how it works
- An exploration of deep pressure and how weight on the body affects the mind
- Guidelines for using weighted blankets at home and in professional environments
- Studies into the effectiveness of weighted blankets
- Advice on how to select an appropriate weighted blanket or sew your own.

Based on the latest research, this book dispels the online myths surrounding weighted blankets. It delivers clear information for occupational therapists and anyone considering using a weighted blanket to help with sensory processing disorder, autism, sleep disorders, fibromyalgia, post-traumatic stress disorder, and more.



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Why? Because this The Weighted Blanket Guide: Everything You Need to Know about Weighted Blankets and Deep Pressure for Autism, Chronic Pain, and Other Conditions is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will shock you with the secret this inside. Reading this book alongside it was fantastic author who have write the book in such incredible way makes the content interior easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of advantages than the other book get such as help improving your talent and your critical thinking means. So , still want to postpone having that book? If I ended up you I will go to the reserve store hurriedly.

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