

New Book on Dealing With Insomnia After a Total Knee Replacement

Our new book contains over 100 real-life patient stories about dealing with insomnia after having a total knee replacement surgery.

May 29, 2012 - [PRLog](#) -- Are you recuperating from a total knee replacement, also known as a tkr, and unable to sleep? Do you wonder when, and if, it will ever end? Feeling isolated while going through this challenging time? You are not alone.

Booktoots' Healing is proud to announce the release of its newly published book titled "Dealing With Insomnia After a Total Knee Replacement." Containing over 100 real-life stories written by patients going through the same thing, this book provides support and encouragement to ease your mind and make the healing process seem easier.

After undergoing a knee replacement herself, author Marie Buckner started a blog and began writing about her experiences. One post in particular, that discussing insomnia, sparked an international discussion. This is the book's foundation.

Available in print, Kindle and, ebook versions, this book is the first of its kind. The book is available for purchase at Amazon, CreateSpace, Kindle, Barnes & Noble and other book publishing sites. It is also available at her website at: <http://www.booktoots.com>.

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