



The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1)

Sasha Stephens

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Review

"Original, practical and very effective. This new approach to insomnia will change lives." -- Dr W Rosental, Consultant Psychiatrist and Addiction Specialist.

Product Description

To those who are longing for a good night's sleep
To those addicted to sleeping pills
To those who would give anything to get over their insomnia
To those for whom 'nothing ever seems to work'
To every person who has suffered the horror of chronic insomnia, to every insomniac everywhere...
...this is for you

The Effortless Sleep Method is the book insomniacs all over the world have been waiting for, even those for whom 'nothing ever works'. This highly practical and hugely effective method offers a simple and permanent solution for long-term and new insomniacs alike. *The Effortless Sleep Method* gives you something no other sleep aid can - an entirely different way of looking at insomnia. The step-by-step insomnia recovery programme contained in this book doesn't just treat insomnia, it totally undermines it. This is not another dry as dust reference book written by a doctor, but a lively, empowering book which connects the sufferer intimately to one who has gone through the same pain.

Many insomnia books follow a similar format: scientific information about sleep, a section on sleep hygiene and a set of relaxation techniques, all interspersed with various case studies. While in some cases this will be helpful in learning how to sleep better, for many, *this will never be enough*. The chronic insomniac can think his or her way around the sleep hygiene, will doubt the validity of the case studies and will fight the relaxation techniques. The chronic insomniac has been there, done that; the chronic insomniac has an answer for everything.

This book is *entirely* different in its approach to insomnia. Yes, there are practical changes to make, but the real magic lies in the changes it will make to your thinking. Because of this, the approach in the book is not only useful in treating insomnia; once mastered, the principles can be extended into other areas of your life.

What will you get from *The Effortless Sleep Method*?

- You will discover a truly *permanent* solution to chronic insomnia, even if you have suffered for decades
- You may end up sleeping *better that you have ever done*,
- Discover the one simple rule which can instantly improve your sleep
- Learn the secret most doctors won't tell you
- You will finally understand why 'nothing seems to work', no matter how many remedies and sleep aids you try
- Learn the astonishing and unexpected ways in which you may be sabotaging your own recovery with everyday talk and activities
- Hear a new and surprising take on sleep restriction therapy, which explains why it may not have worked for you
- You will feel empowered, optimistic, acquire a positive outlook and feel more in control of your life in general

The ability to sleep soundly, naturally and unaided is the desire of every chronic insomniac. This book will guide you to rediscovering your innate ability to sleep without pills, potions or external sleep aids. When *The Effortless Sleep Method* is followed properly, the results can be incredible. Many people report sleeping better than they have ever done. Now, anyone really can have perfect sleep.

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Gracie Thomas:

Reading a publication can be one of a lot of task that everyone in the world adores. Do you like reading book thus. There are a lot of reasons why people fantastic. First reading a reserve will give you a lot of new information. When you read a guide you will get new information simply because book is one of a number of ways to share the information or even their idea. Second, examining a book will make anyone more imaginative. When you reading through a book especially fictional works book the author will bring someone to imagine the story how the character types do it anything. Third, you are able to share your knowledge to others. When you read this The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1), it is possible to tells your family, friends in addition to soon about yours e-book. Your knowledge can inspire the others, make them reading a e-book.

Maranda Shoemaker:

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their very own friends. Usually they doing activity like watching television, going to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Can be reading a book is usually option to fill your free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the guide untitled The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) can be fine book to read. May be it is usually best activity to you.

Norma Eberhart:

Playing with family in a park, coming to see the ocean world or hanging out with close friends is thing that usually you have done when you have spare time, then why you don't try point that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1), you are able to enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh can occur its mind hangout men. What? Still don't obtain it, oh come on its identified as reading friends.

Karin Eubanks:

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