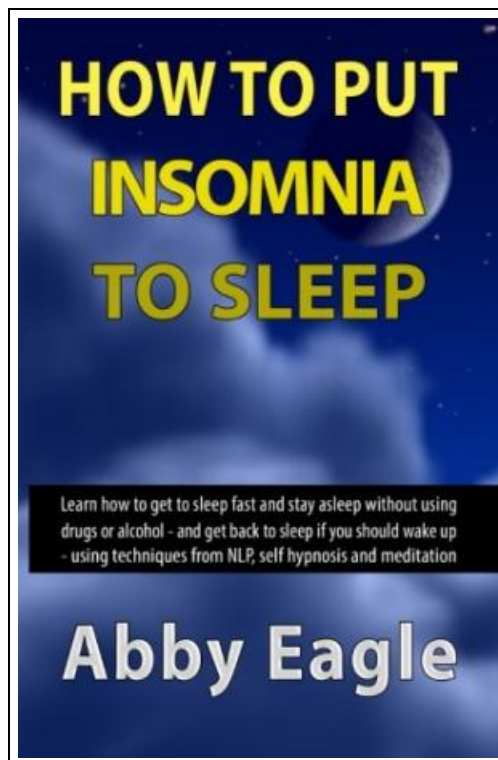


How to Put Insomnia to Sleep: Learn How to Get to Sleep Fast and Stay Asleep Without Using Drugs or Alcohol - And Get Back to Sleep If You Should Wake Up -



Filesize: 5.84 MB

Reviews

Good e book and useful one. It really is simplistic but shocks in the 50 % of your book. Your way of life period will probably be convert the instant you total reading this ebook.
(Myah Williamson)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There is no better way to improve your sleep than to cultivate the attitude of a loving parent with a small child. For example, when it is time for the child to go to bed the parent says, You have had a great day. You have played with all your toys, you did this and you did that but now it is time to go to sleep. Tomorrow is another day but right now it is time to go to sleep. Get into bed and make yourself comfortable. They then repeat what they just said, You have had a great day. You have played with all your toys, and you did this and you did that . Tomorrow is another day but right now it is time to go to sleep. Turn over, close your eyes and go to sleep now. But when the parent gets into bed they lie awake thinking and worrying to all hours of the night. If only they took the attitude of a loving parent with themselves they would be off to sleep in no time at all. In this package you will learn how to use hypnosis to quieten the mind, slow down your energy, and gently drift off to sleep. This is not a cure for insomnia but if you should wake up in the night then you will be able to use the same procedures to quickly get back to sleep again. This package will also help you to deepen your meditation and be generally more relaxed throughout the day. You will learn how to: - Be your own sleep therapist. You get the exact words and procedure to put yourself to...



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