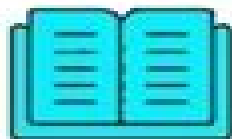


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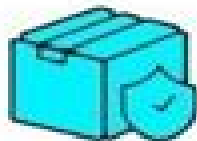
14.8 CM



Garansi Pembelian



Buku Baru 100%



Packing Aman



Pengiriman Cepat

21 CM

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

# The Effortless Sleep Method

The Incredible New Cure for Insomnia  
and Chronic Sleep Problems

Sasha Stephens



# Effortless Sleep Manual Sample Sasha Stephens

**Sasha Stephens**



## **Effortless Sleep Manual Sample Sasha Stephens:**

**Summary of Sasha Stephens's The Effortless Sleep Method** Everest Media,2022-05-28T22:59:00Z Please note This is a companion version deep sleep or slow wave sleep which is the deepest type of sleep and is characterized by delta brain waves and REM sleep in which we dream the most **The Effortless Sleep Method** Sasha Stephens,2015 ReviewOriginal practical and very effective This new approach to insomnia will change lives Dr W Rosental Consultant Psychiatrist and Addiction Specialist Product DescriptionTo those who are longing for a good night s sleepTo those addicted to sleeping pillsTo those who would give anything to get over their insomniaTo 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 youThe 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 generalThe 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 **The Effortless Sleep**

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