



# **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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### **From reader reviews:**

#### **Erin Chretien:**

The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) can be one of your starter books that are good idea. We recommend that straight away because this publication has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to set every word into joy arrangement in writing The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) however doesn't forget the main position, giving the reader the hottest along with based confirm resource information that maybe you can be one among it. This great information can drawn you into brand-new stage of crucial pondering.

#### **Melissa Fanning:**

Are you kind of stressful person, only have 10 as well as 15 minute in your day time to upgrading your mind skill or thinking skill actually analytical thinking? Then you are receiving problem with the book than can satisfy your short period of time to read it because pretty much everything time you only find book that need more time to be study. The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) can be your answer since it can be read by anyone who have those short extra time problems.

#### **Elaine Rochelle:**

Don't be worry should you be afraid that this book may filled the space in your house, you could have it in e-book means, more simple and reachable. This particular The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) can give you a lot of pals because by you taking a look at this one book you have issue that they don't and make an individual more like an interesting person. This specific book can be one of one step for you to get success. This e-book offer you information that possibly your friend doesn't recognize, by knowing more than some other make you to be great individuals. So , why hesitate? We need to have The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1).

#### **Kenny Crowther:**

What is your hobby? Have you heard that question when you got college students? We believe that that query was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. So you know that little person including reading or as reading become their hobby. You have to know that reading is very important along with book as to be the matter. Book is important thing to add you knowledge, except your personal teacher or lecturer. You get good news or update in relation to something by book. Different categories of books that can you go onto be your object. One of them is niagra The Effortless Sleep

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

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