



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

By 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.

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 than 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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Editorial Review

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About the Author

Sasha Stephens suffered a full fifteen years with chronic insomnia before a chance event enabled her to see the problem from an entirely new perspective. What came next was astonishing; fifteen years of insomnia had disappeared in the space of a few weeks. Following extensive research, Sasha created *The Effortless Sleep Method*, a step-by-step sleep training plan which has now helped thousands of insomniacs to get their lives back. Sasha maintains that with a little honesty and commitment, anyone can cure their insomnia, no matter how severe. In this book, she will leave you open-mouthed with her understanding and insight into sleep problems. In a chatty, engaging manner, she will hold your hand through every step of your recovery, anticipating your feelings, your fears and your doubts. The author understands insomnia absolutely, acutely like only one who has suffered the horror of this affliction can.

Users Review

From reader reviews:

Angela Dreiling:

Have you spare time for the day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a walk, shopping, or went to often the Mall. How about open or read a book allowed *The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1)*? Maybe it is being best activity for you. You know beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have other opinion?

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