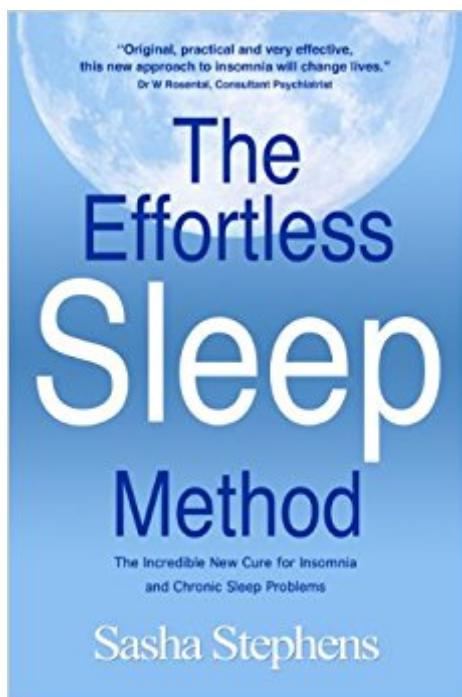


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# The Effortless Sleep Method: The Incredible New Cure For Insomnia And Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1)



## Synopsis

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 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.

## Book Information

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## Customer Reviews

If you have done a fair share of insomnia research online, then you probably know most of the ideas presented in this book. Sleeping pills are bad. Stay off the electronics at night. Practice deep breathing. Get out of bed if you can't sleep. Only go to bed when you are tired. Etc. Etc. Etc. What I am trying to say, is that if you are looking for a ground-breaking revelation that you haven't found online, then you probably won't find it in this book. Also people are exaggerating when they say she spends most of the book talking about her own problems. I have this on Kindle and she stopped talking about her own problems at the 14% mark. Overall this isn't a bad book, but not necessarily a fantastic one either. Its a good collaboration of online information all in one place.

A simple method for an author that can relate! I didn't really think it would work but I didn't have to go past her "first step"...her advice is great. I have transient insomnia and still struggle with it from time to time but overall the book has been a big help and I return to her techniques if I go more than

a few days without sleeping well. I recommend.

Hasn't really worked for me after a month or so. And yes, I've been doing all the "12 promises". Pretty much everything stated in the book is more or less obvious, but it does help that they are put in the book in a particular order and way. The "mistakes" listed are also nice, as these things we all do but sometimes forget they can contribute to our problem. I felt like there was a lot of repetition in this book, as well as unneeded self promotion (hello, I bought your book.. you can stop now). All that being said, it looks like a decent amount of people have had some success with this book, and for \$4 it's worth a try. Just hasn't really done much for me. I appreciate the things I did learn from this book, so it wasn't a waste of my time.

This is a solid book that has already started to help with my sleep issues. I've suffered from insomnia for 3 years, much of that time getting 2-3 hours of pitiful, restless sleep and feeling horrible the next day. I've tried many solutions, including antidepressants, sleeping pills, therapy, etc., all to no avail. I don't share the author's disdain for the established medical treatments of insomnia, but can echo the fact that none of those methods worked for me. The reason I love this book is that it contains advice that resonates with me logically. So much of the well-meaning sleep advice out there nowadays has to do with going to bed at the same time every night, having the room pitch black, and a host of other things that have no bearing at all on the quality of your sleep. Have any of you ever wondered why these perfect sleep conditions are necessary when none of them seemed to matter when you were younger? Me too. Back before stress took over our lives, we were able to fall dead asleep and stay that way for eight hours, even sleeping in a recliner by a lamp, with the television going. If you change the sleeping conditions now without changing the stress, you are still going to sleep like crap. Stress and anxiety begin to erode your sleep and you form poor habits such as worrying in bed and waking up in the middle of the night. This book shows you how to change the habits through positive thinking and a healthier approach to stress. The only reason that I give this book 4 stars is that it completely disregards common medical approaches to insomnia. As I mentioned before, I too tried most medical treatments, including therapy, multiple anti-anxiety meds, and sleep meds. Even though none of these solutions worked for me, I know people that have been able to control insomnia through the right combination of these treatments. The author has an understandable disdain for the medical approaches to insomnia since she was not able to get relief through them for her sleep issues, but that doesn't mean that sound medical advice won't work for anyone. My advice is to try this book first and then consult your doctor if you continue to

have problems. Therapy is the most helpful of all the medical approaches I tried, whereas pills were much less effective. Understand that if you are looking for a pill that is going to magically make you get 8 hours of hibernation-quality sleep every night, you will be disappointed. Tying things up, this is a great book if you want to take control of your sleep issues yourself. Be ready to challenge your beliefs and attitudes about sleep. Be ready to put some effort into changing your sleep habits gradually, over time. Be comfortable with incremental improvements. In the short time that I've put the advice in this book to work, I've already started to sleep better and perhaps even more importantly, been more comfortable during the day after I didn't sleep well. No matter what course you take, I wish you luck and better sleep.

This book helped me SOOO much!! I am not a chronic insomniac, I have gone through bouts of less than stellar sleep for several years now. I always tend to sleep ok, But i had a habit of worrying about my sleep, which always made things worse, reading this book has given me a whole new outlook on sleep and on life! Honestly. Even during periods of great sleep, I would always have these thoughts of "oh well, i'm sleeping now so everything's ok, but what if it gets worse?" and then it would. She illustrates common mistakes that can lead to insomnia, like using the bed for anything but sleep, and keeping irregular schedules. I went to my doctor for my last bout of insomnia that lasted 2 weeks, and of course, pills. and they made me crazy! and i was like "I AM DONE!" thankfully i found a solution that empowers me and does not involve pills or mask the problem. I plan to read it again and to implement each practice in my daily life. this makes so much sense!! it's time to stop trying so hard! if you're an analytical thinker like me, then you will know the struggle of "thinking about thoughts" etc. this book can give you the tools to help yourself! very empowering!!

All my life I have slept well and needed 8-9 hours per night plus a nap to feel really good. Then I went through a period when I couldn't sleep more than 2 hours per night. I was miserable, not falling asleep until 2 and then waking up around 4. I read this book and did EXACTLY what she said. Seriously, I didn't depart from her advice at all. She suggests doing something to make you sleepy so I combined it with a meditation app to listen to before going to bed. It worked almost immediately and I began falling asleep soon after I went to bed. Now almost two years later I can do the things that she forbids (naps, reading in bed) without problems, but I always know what to go back to should I ever experience sleeping issues.

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