

The Effortless Sleep Method The Incredible New Cure For Insomnia And Chronic Sleep Problems The Effortless Sleep Trilogy Book 1

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Amazon.com The Effortless Sleep Method. Author of The Effortless Sleep Method, Sasha Stephens, is at pains to explain that she's been there and got the T-shirt. She talks about her fifteen-year battle with insomnia, and her desperate search for a cure. Finally she began to understand that sleeping problems are perpetuated mainly by a fear of not sleeping. The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems. 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... Product Description. 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.