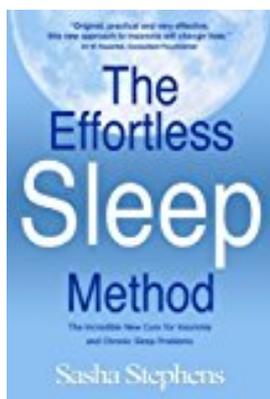


# [PDF] The Effortless Sleep Method: The Incredible New Cure For Insomnia And Chronic Sleep Problems

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**Books Details:**

Title: The Effortless Sleep Method:  
Author: Sasha Stephens  
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**Description:**

**Review** "Original, practical and very effective. This new approach to insomnia will change lives." -- Dr Wladlen Rosental, Consultant Psychiatrist and Addiction Specialist.

**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.

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