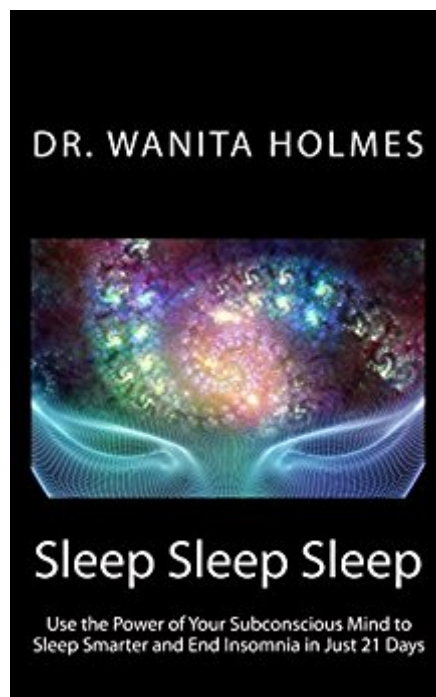




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Sleep Sleep Sleep: Use The Power Of Your Subconscious Mind To Sleep Smarter And End Insomnia In Just 21 Days



Synopsis

You were born knowing how to sleep. Hypnosis can help you reduce stress, relax, and reprogram your subconscious mind to remember how to get a good night's sleep naturally in 21 days or less. Hypnosis is especially effective when combined with the lifestyle habits Dr. Wanita suggests to help you sleep smarter. In the US, over 70 million people suffer from sleep problems; 37% of adults have insomnia; 60% of seniors have sleep problems; 2 million children experience trouble getting to sleep. At least 10 to 15 million of these people use over-the-counter sleep medicine or prescription drugs to help them sleep. Are you one of them? Whether you are an adult, senior, teen, a snorer, the partner of a snorer, or the parent of small children, this book can help. Stress management and good sleep habits are fundamental for healthy, productive living. This book, combined with the Hypnosis MP3s available on Dr. Wanita's website, will teach you how to sleep smarter at a fraction of the cost of working with her in person. Dr. Wanita Holmes has been practicing hypnotherapy for more than three decades. She has helped 1000s of people change their habits and improve their lives. Now in her 80's, Dr. Wanita wants to teach as many people as possible the same tools she shares with her private clients.

Book Information

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Customer Reviews

If you are going to read any book on the subject of sleep, Dr. Wanita Holmes' is a must read! It is filled with information regarding relearning how to achieve a great night's sleep. Moreover, Dr. Wanita has made various sleep mp3's available to retrain the subconscious mind to sleep well. There is information pertaining to the mp3's in the book. Sleep Sleep Sleep opens your mind up the the fact that a good night's sleep starts well-before bedtime begins. I highly recommend this book on sleep for sleep!

Dr. Holmes is a master hypnotists with amazing experience and an ability to simplify messages. Easy to read guide, advice that really WORKS.What a great investment! I highly recommend her "sleep book" to everybody!

Disappointing you have to also buy her mp3 and it wasn't cheap. Wouldnt have bought this had I known

This book is a must buy and must read. Dr. Holmes does an amazing job teaching the reader how to make small yet significant changes in your life to get a good nights rest !!! I am a certified hypnotherapist as well and I'm using her book to educate my clients as well. 5 star rating for sure ! Oh, and make sure you get the MP3 recording that goes along with the book .

I got book as present! And so thankful for it! Every page is new discovery!!! Thank you dr. Wanita for your book!!!!!!

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