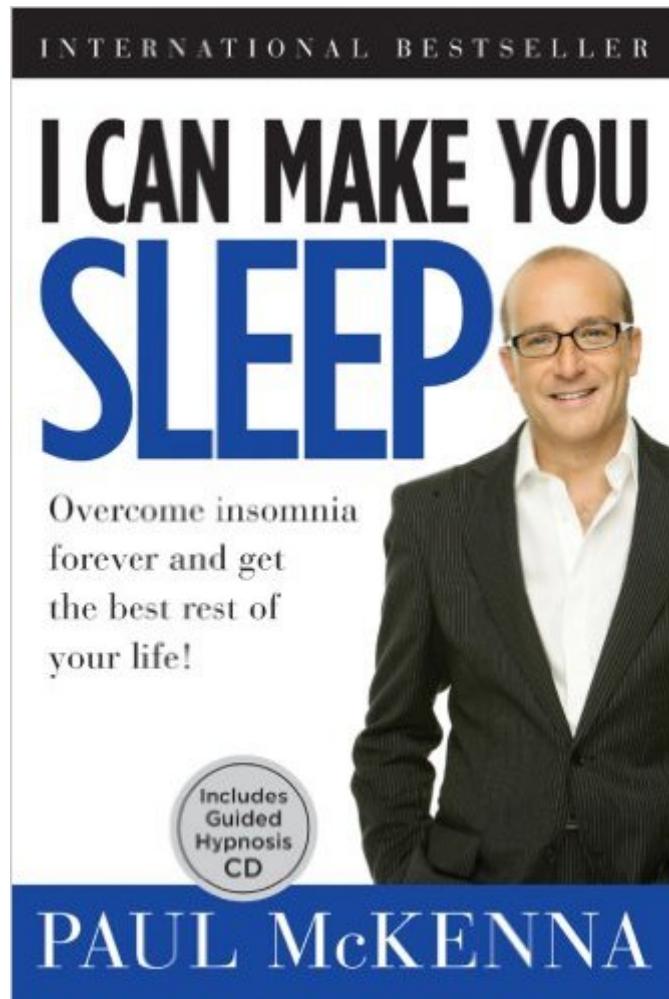


The book was found

I Can Make You Sleep: Overcome Insomnia Forever And Get The Best Rest Of Your Life! Book And CD



Synopsis

-Would you like to sleep really well?-Would you like to feel calm and stop your mind from racing?-Would you like to stop the disruption of waking in the middle of the night?Â THEN THIS BOOK AND CD ARE FOR YOU! Â Overcome insomnia forever and get the best rest of your life! Paul McKenna's proven, trademarked system has already helped millions improve the quality of their sleep. In this worldwide bestseller, he shows you how easy exercises and simple changes in your thinking and behavior can have a significant impact on your sleep. Plus, this book comes with a hypnosis CD that resets your body's natural sleep mechanism so that you will automatically find it easier to get deep, restful sleep. --This text refers to the Paperback edition.

Book Information

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Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (123 customer reviews)

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Customer Reviews

There are many sleep problems and no silver bullet to fix them all. This book addresses many of them and seems to be a cut above average for sleep books. The CD is excellent. My challenge is sleeping through the night and I have tried lots of things -- books, the local sleep clinic, a CPAP (I have never felt so tired in my life as the day after I tried it: once was enough), sleeping pills and most recently this book. It is written very much in the style one would expect from a TV self help guru: lots of repeating how well it works, nearly blank pages to make it longer, some exercises and a CD. The exercises (with my rating of how they helped me) are: Reduce your worries *Practice feeling drowsy ***Calming the internal voice **Systematic relaxation ****Changing your story Value yourself * (good thing to do, but didn't put me to sleep) Letting the feeling unfold * Asking the unconscious mind to help you* (So far) Release the day *Tapping your natural ability to sleep *Image

streaming *Theatre of the mind **People with a specific sleep problem should not expect most of the exercises to be targeted to their problem -- I believe a realistic goal is a couple (three or four tops) and by that standard, the book is a success. The exercise described as best suited to my problem (waking up way too early, roaring to go) is the theatre of mind. Unfortunately, when I try to do it, all I can visualize is what I was thinking about before I started the exercise. But some of the others were helpful. The book contains much of the same advice as other sleep books (no naps, no TV before bedtime, no clocks in the bedroom etc.).

UPDATE January 8, 2016 I haven't had any prescription sleep medication for two weeks, and this hypnosis CD is the way that I was able to stop these medications. It would have been much, much harder for me to stop the medications without this CD. One way the CD worked is it allowed me to not be uptight during the first three nights after quitting the meds, when I had some insomnia. I just thought, oh well, I'm awake, and I listened to the CD again, and if I still didn't get to sleep, I listened to music, or read a book, or worked on a craft project. After the first three nights, I was able to sleep, using the hypnosis CD. I also use supplements like melatonin and valerian. **MY ORIGINAL POST** (December 2015): The CD definitely works to put me to sleep. I firmly believe that this is helping me to reduce my doses of prescription medication for insomnia. If you have insomnia you might want to try this book/CD - you might find it helps you, too. I've had this book and CD since the spring of 2015. I was looking for CD's to play to help me go to sleep, and this appeared in my search results. The CD is a hypnosis CD. I didn't know much about hypnosis, so I did some research on the internet. It is my understanding that hypnosis is a valid, useful and effective technique. There is good information on Wikipedia about hypnosis. I use the CD in this way: I get ready for bed. I get out my small portable CD player with my ear buds. I light a small battery candle that is on my night-table. (The battery candle is so I can see to turn off the CD player when I'm done using it - so I don't have to turn on the bigger light and maybe wake myself up.) I get in bed and get comfortable. Then I start the CD. The hypnosis session lasts about 20 minutes.

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