



I Can Make You Sleep: Overcome Insomnia Forever and Get the Best Rest of Your Life! Book and CD

By Paul McKenna

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- 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?

THEN THIS BOOK AND CD ARE FOR YOU!

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.

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Editorial Review

From Publishers Weekly

Self-help author McKenna (*I Can Make You Thin*) presents a number of easy-to-follow suggestions for insomniacs in this handy guide to getting a better night's sleep. While some advice is fairly self-evident (no caffeine after 2 p.m., decreasing alcohol consumption), ideas on topics like pre-sleep anxiety will surprise many chronic bed-tossers who don't realize the extent to which the sleepless cycle is self-perpetuating. Though heavy on self-help jargon, McKenna's sound ideas are clear, easy to read, and don't get bogged down in unnecessary explanation, though he does helpfully explore some of insomnia's root causes. A bundled CD also offers assistance with self-hypnosis and deeper sleep.

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About the Author

Paul McKenna, PhD is the bestselling author of *I Can Make You Thin*, whose books have sold over three million copies in the last three years. Recognized as one of the world's "most important modern self-help gurus" by *The Times* of London, McKenna has helped millions of people lose weight, quit smoking, overcome insomnia, eliminate stress, and increase self-confidence. He has appeared on *The Ellen DeGeneres Show*, *The View*, CBS's *The Early Show*, *Rachael Ray*, *The Montel Williams Show*, *Fox and Friends*, *The Mike & Juliet Show*, ABC's *Primetime Live*, and *20/20*. Paul McKenna's TV shows and live appearances have been watched and attended by hundreds of millions of people in 42 countries around the world.

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Lavelle Hildreth:

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