



# The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems

*Sasha Stephens*

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## **The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems**

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The Effortless Sleep Method is the approach insomniacs all over the world have been waiting for. This hugely effective method offers a simple and permanent solution for long-term and new insomniacs alike.

The Effortless Sleep Method gives you something no other insomnia book can; an entirely different way of looking at insomnia. The step-by-step insomnia recovery sleep program contained in this book, doesn't just treat insomnia, it totally undermines it. This is not another dry as dust reference book written by a doctor, but a lively, empowering book which connects the sufferer intimately to one who has gone through the same pain.

Sasha Stephens suffered a full fifteen years with crippling, terrifying 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 program which has now helped countless 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.

The ability to sleep soundly, naturally and unaided is the desire of every chronic insomniac. This method 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. Many people report sleeping better than they have ever done. Now, anyone can have perfect sleep...

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