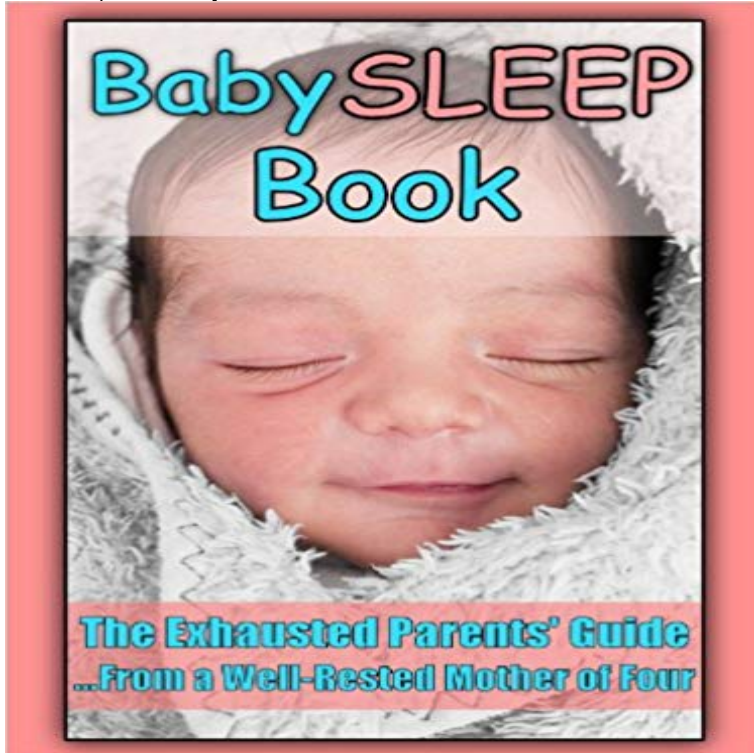


## Baby Sleep Secret: The Exhausted Parents Sleep Solution Guide



- Are you tired of on-going exhaustion because you have a baby that never seems to sleep? - Do you find yourself wanting a night of solid sleep more than you desire to go out to dinner or see a movie - even if your baby is at someone else's house for the night? Then you need to read this book to find the answers from someone who's been there and done that! Many parents find themselves overly exhausted and not able to enjoy their baby for one glaring reason - because their precious little one isn't sleeping well. Believe me when I tell you, you are FAR from being alone. From medical reasons to a child that is just stubborn (and everything in between), the number of reasons for babies not sleeping are as many as there are children in the world. So don't be surprised that finding the right method(s) to get your child to sleep can take some time and effort. If you want to cut down on the amount of time it takes to help your baby get a great night's sleep, then read this book. You will learn from the experience (and the conquered frustrations) of a mother whose four children all had different sleeping habits and different sleep triggers. Sleep training, unfortunately, is definitely NOT a one size fit all type of situation. (I even have one method that is considered controversial by some - even though many pediatricians say it's ok, while others don't - but it's been a blessing for our family. Find out what it is and decide for yourself. ...Hint - It's NOT letting your baby cry it out!) Come along as I will not only help you find the right set of sleep training methods that will work for your baby, but just as importantly, get you the precious sleep that you need as well!

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