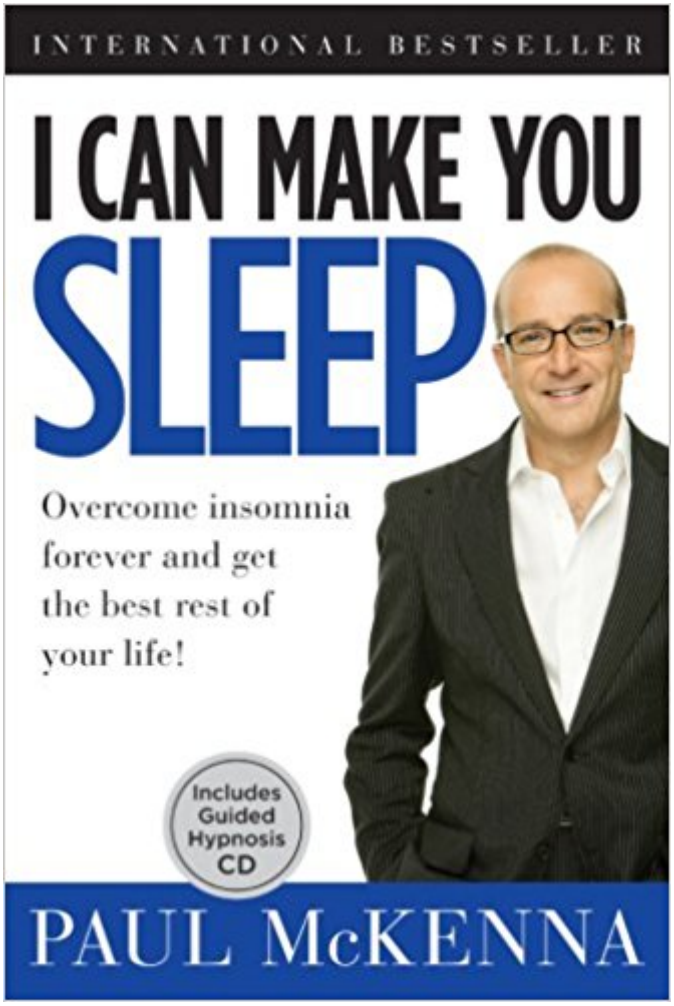
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I Can Make You Sleep: Overcome Insomnia Forever And Get The Best Rest Of Your Life! Book And CD



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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?Ã Â THEN THIS BOOK AND CD ARE FOR YOU! Ã 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 an out of print or unavailable edition of this title.

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Customer Reviews

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. Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

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 worldÃ¢â ¬â„¢s “most important modern self-help gurusÃ¢â ¬Â• 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, CBSÃ¢â ¬â„¢s The Early Show, Rachael Ray, The Montel Williams Show, Fox and Friends, The Mike & Juliet Show, ABCÃ¢â ¬â„¢s Primetime Live, and 20/20. Paul McKennaÃ¢â ¬â„¢s TV shows and live appearances have been watched and attended by hundreds of millions of people in 42 countries around the world.

UPDATE January 8, 2016I 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. I usually get very drowsy well before the end. I usually find I'm turning off the CD player at the end when I'm more than half asleep. Then I go to sleep. If I wake up during the night I'm usually able to go back to sleep.I keep the volume very low so that I can just about hear it.There are some places on the CD where the two tracks are playing different words at the same time. The intention is that your conscious mind is not

hearing these words, but your unconscious mind is hearing the words. I have seen some reviewers ask the question, "what is being said in these parts where I can't hear what is being said?" I've listened (not at bedtime) to almost all of the two tracks separately (using one ear bud at a time) and I am confident that there is nothing harmful there. At some point later, I might listen and transcribe both tracks, and then write an update to this review to relate what I've found.I backed up the CD to my computer and my MP3 player because I'd hate to lose the original and then be without it.When I first got the book/CD, I used the CD every night for 3 months. I stopped using it for a few months, but then I went back to using it. I hadn't slept as well during the "break" from the CD and I'm sleeping better now that I'm back to using it.A couple points about the book: On page 22 of the book the author states, "a number of medical conditions can interfere with sleeping patterns." On page 23 he states, "you should always consult your doctor if you have any concerns about your medications..."In the book, the author presents many useful and helpful suggestions. I don't agree 100% with everything, but I apply the philosophy, take what you like and leave the rest. I'm very grateful to Dr. McKenna for this book/CD. Thanks to for the great search engine, and thanks to reviewers for your helpful reviews.

Bought this out of desperation and with a great deal of skepticism. We are older and the cause of our sleep problems is related to aging the sleep cycle rather than worrying or stress. Much of what you will read in this book you can find online -- the advice is quite sound but widely available. However, getting the book made us re commit to some of the things we had already found were best practices. (not napping during the day, staying up later.) I was particularly skeptical about the CD but, as I say, desperation is a strong motivator. I have to say that it does seem to be working. I will say that I do not "like" the CD. I do not like the trite sound track in the background. I do not especially like the somewhat anglo-aristocractic accent of the narrator. The talk track itself seems really trite and annoying. But I played it for several nights. I gave it my attention. I tried as best I could to give it a fair shot and allow it to work on me. I was almost surprised and annoyed to have to admit that yes, it did seem to be working! I have been waking up only once instead of many times, and I have been able to get back to sleep quickly. And my husband, who was similarly recalcitrant about trying this, has had to admit that it might be working because he is having a similar experience (waking once but going back to sleep). I am so astonished that I almost cannot believe it. I sure hope that this is not simply cognitive dissonance and that it will continue to keep working.

I love this! It's a quick, short read, with tons of super, informative information that all works

wonderfully! Plus, the CD is awesome! Well worth any price! I cannot say enough great things about this book and CD!

I have had insomnia all my life. I am trying to cut back on sleeping pills and found this in my local library, so I figured I had nothing to lose by trying it. It has worked for me. I started sleeping better and was able to cut my sleeping pill dose by two thirds. I don't know why it worked, I have self-hypnosis and NLP before and they haven't worked. This just hit the sweet spot for me.

Actually, there is no new ground in getting to sleep in this book. He does, however, cover all of theprevious known ÃƒÂ¢Ã â ¬Ã ËœaidsÃƒÂ¢Ã â ¬Ã â„¢ for a better sleep. What I did like about this book, is the hypnotic C.D. thatcomes with it. He does a fine narration of getting you in a mind frame for sleep and it has a lotof subliminal suggestions that actually did work for me, as I was yawning near the end, and did help meto get to sleep. Worth a few bucks to get it.

Read the book, which is informative, easy to read, and (I agree with McKenna) a MUST if you really want to conquer your sleep issues.. Nice format. Then, listen to the CD. The first time, I had to play it a few times before I fell asleep. After a little while, I would be asleep before it finished. Much better than pills and beats having insomnia.

Easy to read and to apply to your life. He has some wonderful suggestions. Everyone should find at least one think that will help them sleep from this book. I especially like the CD that is included. Once you use it nightly for a week, you can go to sleep just imagining it is playing.

This book along with the CD that is included is great info. After reading and listening to it, I put 7 other such tapes and books in theGoodwill sack. Effective and professionally done.

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