



## Insomnia: Quickly Easily End Insomnia Forever: The Pretty Damn Concise Guide To. (Paperback)

By Jessica Connors

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Why do some people find sleep an easy thing, while others struggle? What are the easy methods for consistently getting a good nights sleep? Cut through the nonsense with the 2018 updated version of the best selling solution to quickly and easily ending Insomnia forever. The book introduces readers to unique advice, gathered from research around the world, laid out in a simple and (pretty damn) concise way. As a recovered Insomniac herself, the author Jessica Connors knows firsthand just how much a lack of sleep can disrupt your entire life. It is time to fix this! - Practical insights to create sleeping habits that work. - Actionable steps to getting a good nights sleep, fast. - Advice used and proved by people all around the world. Jessica Connors has distilled years of research, consulting and her own experience to write a concise guide to finally getting a good nights sleep!



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