

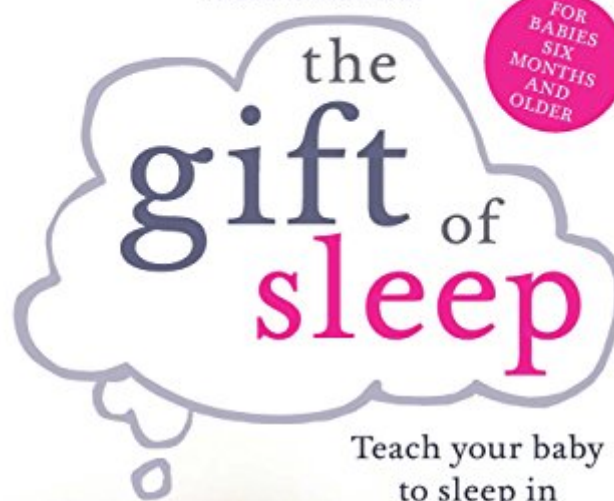


The book was found

The Gift Of Sleep: Teach Your Baby To Sleep In Three Nights

'This step-by-step program taught my baby how to sleep in three nights and changed our lives forever.'

MIA FREEDMAN



Elizabeth Sloane



Synopsis

Getting a baby to sleep through the night is the dream of every parent, but unsettled, broken nights are more often the reality. Elizabeth Sloane has been giving babies aged six months and over the gift of sleep for over 20 years. With a three-night program designed to lovingly correct any unhealthy sleep habits your child may have developed, Elizabeth's methods have helped break the cycles of sleeplessness, emotional exhaustion and frustration for thousands of babies and their parents, giving them a truly life-changing experience - and proven to work in just three nights. Her program offers a calm, committed and consistent approach to sleep training for all families in need of the Gift of Sleep. This book contains a step-by-step guide to the Gift of Sleep program, plus modified programs tailored for different age groups, worksheets, meal guides, case studies and FAQs - in short, everything you need to get your baby to learn to self-settle and sleep all night, every night.

Book Information

File Size: 1580 KB

Print Length: 224 pages

Publisher: Allen & Unwin; Main edition (April 26, 2017)

Publication Date: April 26, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B06XSJSRW4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #481,722 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #130

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How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) The Baby Sleep Solution: A Proven Program to Teach Your Baby to Sleep Twelve Hours a Night The Baby Sleep Solution: A Proven Program to Teach Your Baby to Sleep Twelve Hours a Night Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) The Natural Baby Sleep Solution: Use Your Child's Internal Sleep Rhythms for Better Nights and Naps Buzz, Splash, Zoom, Roar!: 4-book Karen Katz Lift-the-Flap Gift Set: Buzz, Buzz, Baby!; Splish, Splash, Baby!; Zoom, Zoom, Baby!; Roar, Roar, Baby! Baby log book for twins: My Baby's Health Record Keeper, Baby's Eat, Sleep & Poop Journal, Log Book, Activities baby for twins (Volume 3) Baby Names: Baby Names List with 22,000+ Baby Names for Girls, Baby Names for Boys & Most Popular Baby Names 2017 Grow the F*ck Up - White Elephant & Yankee Swap gift, gag gift for men, birthday gift for him, novelty book, Secret Santa exchange, teenage & young adult how-to, high school & college graduation gift Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia in Just 21 Days Baby's Box of Fun: A Karen Katz Lift-the-Flap Gift Set: Where Is Baby's Bellybutton?; Where Is Baby's Mommy?: Toes, Ears, & Nose! Baby's First Year: Month by Month Guide for Parents: Includes Baby Sleep and Baby Food Editions (Supermom Series Book 6) On Becoming Baby Wise: Giving Your Infant the Gift of Nighttime Sleep The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy Arabian Nights: Four Tales from a Thousand and One Nights (Pegasus Library) Five Nights at Freddy's: The Silver Eyes: Five Nights at Freddy's, Book 1

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