



Getting a Good Night's Sleep

John Selby

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Getting a Good Night's Sleep by John Selby

Psychologist and bestselling author of *Secrets of a Good Night's Sleep*

Manage anxiety and quiet your mind

You can let go of the worries and emotional disturbances that keep you awake and you don't need to be a psychological expert in order to understand why you can't get to sleep at night.

This program contains spoken work guidance that is designed to help you relax your body and mind completely so that you can effortlessly move into that special state of mind where you're ready to let go and drift off to sleep.

John Selby has specially composed a flow of soft music that moves in quiet harmony with his words to guide you gently into sleep. The companion music-only CD features a tranquil landscape composed and recorded by Dr. Joseph Nagler. His dreamy keyboard melodies combine with Dr. Jeffrey Thompson's psychoacoustic processes which will carry you to a place of deep restful sleep.

As with all **InnerLife** audio programs, *Getting a Good Night's Sleep* offers you guided one-on-one sessions with a leading expert in the field of personal growth. You will gain more valuable insight every time you listen.

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Nellie Ferguson:

Spent a free time for you to be fun activity to perform! A lot of people spent their spare time with their family, or their friends. Usually they carrying out activity like watching television, likely to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? May be reading a book may be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try out look for book, may be the guide untitled Getting a Good Night's Sleep can be excellent book to read. May be it could be best activity to you.

Ian Louviere:

Are you kind of active person, only have 10 or 15 minute in your morning to upgrading your mind proficiency or thinking skill perhaps analytical thinking? Then you are receiving problem with the book than can satisfy your small amount of time to read it because this all time you only find guide that need more time to be study. Getting a Good Night's Sleep can be your answer mainly because it can be read by you who have those short time problems.

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