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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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