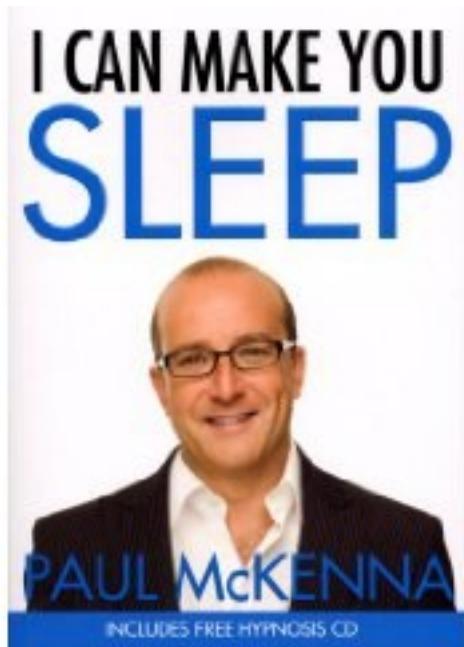


I Can Make You Sleep



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Following the huge success of his blockbuster weight-loss program, Paul McKenna has created a groundbreaking new book-and-CD set that will be welcomed by millions. It reveals the secrets of getting regular, deep, refreshing sleep--and banishing insomnia for good. McKenna understands the frustration of not getting a good night's rest, and his trademarked system--which consists of the book and CD working in harmony to reset your body's natural sleep mechanism--is the solution every insomniac has been waiting for. Whether you find it difficult to fall sleep, wake frequently during the night, or get up too early, his method both increases the amount of sleep you enjoy and, crucially, improves its quality. And, one of the best things about McKenna's technique, which took him 20 years to develop, is that you needn't "believe" in it: just follow his instructions, listen to the CD, and watch what happens.

作者介绍:

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标签

健康

评论

在外文书店看过, 这也许是今年我看过的最实用的一本书了.

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书评

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