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Sommario/riassunto	"Would you like to sleep really well? Easily stop the disruption of waking during the night? Awaken refreshed and full of energy in the morning? We spend nearly a third of our lives asleep, but more Americans are suffering from insomnia than ever before. However, at last Dr. Paul McKenna has made a series of major scientific breakthroughs that can dramatically improve your sleep today. Paul McKenna, Ph.D., is the world's leading hypnotist and has sold 10 million self-help books worldwide. Through a remarkable 20-year study of tackling insomnia, he has developed a unique, easy system that everyone can use to improve the quality of their sleep. In this book, he shows you how easy exercises and simple changes in your thinking and behavior can have a significant impact on your sleep habits. You'll learn how to fall asleep when you want to, what to do if you wake up in the middle of the night, and how to stop your mind from racing and feel calm. This book also comes with a guided hypnosis download designed to deeply relax you and reset your body's natural sleep mechanism so that you'll automatically find it easier to get deep, restful sleep--indeed, I Can Make You Sleep recently became the best-selling book on sleep in American history. If you want to get a good night's rest and wake up refreshed, with the energy to do the things you want to do, this book is for you! www.mckenna.com "--

