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# **I Can Make You Sleep Overcome Insomnia Forever And Get The Best Rest Of Your Life Paul Mckenna**

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**20+ Natural Remedies and Recipes to Make You Sleep Like a Baby**

Healthy Pragmatic Solutions Inc

In this time of quarantine and global uncertainty, it can be difficult to deal with the increased stress and anxiety. Using ancient self-care techniques rediscovered by Herbert Benson, M.D., a pioneer in mind/body

medicine for health and wellness, you can relieve your stress, anxiety, and depression at home with just ten minutes a day.

Herbert Benson, M.D., first wrote about a simple, effective mind/body approach to lowering blood pressure in *The Relaxation Response*. When Dr. Benson introduced this approach to relieving stress over forty years ago, his book became an instant national bestseller, which has sold over six million copies. Since that time, millions of people

have learned the secret—without high-priced lectures or prescription medicines. *The Relaxation Response* has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress, anxiety, depression, and high blood pressure. Rediscovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic tack is now routinely

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recommended to treat patients suffering from stress and anxiety, including heart conditions, high blood pressure, chronic pain, insomnia, and many other physical and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day.

Cozy and Calming Stories to Soothe Your Mind and Help You Sleep Random House  
**IMPORTANT: IF YOUR DEVICE SUPPORTS IT, YOU WILL FIND AUDIO AND/OR VIDEO IN THIS EBOOK. IF YOUR DEVICE DOES NOT, FOLLOW INSTRUCTIONS TO SAVE THE MATERIALS**

**DIRECTLY TO YOUR COMPUTER, OR TO STREAM VIA YOUR SMARTPHONE OR TABLET.** \_\_\_\_\_  
\_\_\_\_ Would you like to sleep really well? Would you like to stop your mind racing and feel calm? Would you like to stop the disruption of waking in the night? Would you like to know what to do if you wake up in the night? Would you like to be able to sleep when you want to? Would you like to awaken full of energy?  
**THEN THIS BOOK AND AUDIO DOWNLOAD ARE FOR YOU!** We spend nearly a third of our lives sleeping. However, more people are suffering from insomnia than ever before. Paul

Mckenna has made 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 exercise and simple changes in your thinking and behaviour can have a significant impact on your sleep. This book also comes with a hypnosis download that re-sets your body's natural sleep mechanism so that you will automatically find it easier to get deep restful sleep and have energy to achieve what you want and improve your overall of quality of your life. **THIS EBOOK CONTAINS A CODE TO DOWNLOAD THE**

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HYPNOSIS AUDIO.

**The Sleep  
Doctor's Diet  
Plan**

Poolbeg  
Press Ltd

Enjoy the rest you deserve Falling asleep, staying asleep, or simply getting enough sleep, can be a struggle sometimes, but you needn't lie awake worrying. This book of easy-to-follow tips gives you the tools and techniques you need to understand your sleep needs and patterns, and to make changes that will leave you feeling more rested and refreshed than

ever. Find out how to:

- Adjust your actions and outlook to encourage high-quality sleep
- Make bedtime a pleasure by transforming your sleeping environment
- Fine-tune your diet to help you drop off
- Wind down by using relaxation techniques
- Form good habits that establish a healthy sleeping routine

Guided Meditations For Deep Sleep Independently Published

Soothing stories to help you fall and stay asleep, based on the popular podcast Busy minds need a place to rest.

Whether you find yourself struggling to sleep, awake in the middle of the night, or even just anxious as you move through the day, in *Nothing Much Happens*, Kathryn Nicolai offers a healthy way to ease the mind before bed: through the timeless appeal of classic bedtime stories. Already beloved by millions of podcast listeners, the stories in *Nothing Much Happens* explore and expose small sweet moments of joy and relaxation: Sneaking lilacs from an abandoned farm in the spring. Watching fireflies from the deck in the summer. Visiting the local cider mill in the autumn. Watching

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the tree lighting in the park with friends in the winter. You'll also find sixteen new stories never before featured on the podcast, along with whimsical illustrations, recipes, and meditations. Using her decades of experience as a meditation and yoga teacher, Kathryn Nicolai creates a world for you to slip into, one rich in sensory experience that quietly teaches mindfulness and self-compassion, soothes frayed nerves, and builds solid habits for nurturing sleep. A

PENGUIN LIFE  
TITLE  
I Can Make You Sleep  
Eric Tairin  
If you're fed up

of spending every night tossing and turning and want to start sleeping like a baby, then keep reading... How many hours did you sleep last night? Eight? Six? Four? Two? None? Do you remember the last time you slept like you did when you were a small child, and woke up in the morning completely refreshed and raring to go? Sleep is the secret to a healthy, fulfilling life. It is as important as food and drink.

But too many people undervalue the importance of sleep and believe that they can "get by" on four or five hours. Matthew Walker, one of the preeminent experts on sleep in the world, has proven that unless you are getting optimum sleep, then you're functioning in an impaired state. People who don't sleep enough are incapable of fulfilling their potential. Discovering the secrets to better sleep can act as a miraculous cure for so many

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physical and mental health issues that people suffer from. That's right. Sleeping better can actually make you happier! The benefits of better sleep are endless. Did you know? According to the WHO, lack of sleep is so dangerous that it is considered a carcinogen. Prolonged lack of sleep can lead to cancer, heart disease, diabetes, depression, and many other life-threatening diseases. Only 21% of Americans sleep

for eight hours each night. Lifestyle choices are the #1 reason why people don't get enough sleep. By reordering your daily routine and learning healthy habits, you will find that your sleep improves. In "Sleep Like a Baby" you will discover: What the perfect amount of time for you to sleep is How sleeping better can make you a healthier person The secrets of a sleep-friendly, daily routine The 4 most important things to do when you

wake up in the morning The 8 foods that will help you sleep like a baby Foods that are toxins for a good night's sleep The 5 best teas to sleep like a rock How to avoid the light that is ruining your sleep The 10 shortcuts for optimizing your bedroom for better sleep What to do when you wake up in the middle of the night And much, much more. You've tried everything to sleep. You've read several sleep guides. But when it comes to

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2.30am, you're still lying there, counting sheep. Lack of sleep can make you think that everything is hopeless, that there's no point in trying to find a new solution to your sleep problem because you think that nothing would ever work for you. Yet, sleep deprivation comes from the wrong lifestyle choices. All you need to do is incorporating some simple but magical habits and you will fall asleep like a baby. Once you learn how to create a sleep-

friendly routine, then you'll be catching zzzs in no time, and instantly become a happier, healthier person because of it. If you want to discover the secrets to a good night's sleep, scroll up and click the "Add to Cart" button right now. Practical Meditations and Self-Hypnosis Sessions to Relax and Improve Your Night's Rest. Overcome Anxiety and Insomnia with Breathing Exercises for Stress Relief Hay House, Inc Would you like to discover proven

techniques that will make you fall asleep faster, and sleep better, even if you suffer from insomnia? If the answer is "YES", then this book is perfect for you. Sleeping good is an essential part of a healthy life, and trying to solve our sleeping problems is crucial to everyday functioning. Usually, a regular human being should take 10 to 20 minutes to fall asleep once they get in the bed, but sometimes we have difficulties switching our brains off, because of worries, anxiety, stress, or even conditions like insomnia, and

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falling asleep becomes a nightmare itself. This is why I've decided to write this book, which is packed with information, methods, tricks, and tips that will help you overcome insomnia and every other factor that keeps you awake when you want to sleep, in fact, by reading this book you'll discover: **How To Use This Book**, so you will understand how to treat this book, and all its guided exercises to make sure that you will achieve results from your first try

**Proven Tips To Calm Your Body And Mind**, so you will be able to get

rid of anxiety, stress, and all those feelings that usually come to bed with us and are responsible for our hard time to fall asleep

**Guided Gentle Sleep Hypnosis**, that will facilitate your sleep, and guide you into a deep, relaxing night's sleep, allowing you to unwind your mind and fall asleep quicker every night

**Meditation Techniques For Sleeping, And For When You Wake Up**, so you can achieve inner peace every night, and wake up feeling awesome every single morning

**Many Mantras For Success**, thanks

to a whole chapter filled with positive affirmations that will improve your mind and focus every day ... & **Much More!** When having sleep issues, you don't always have to rely on chemical drugs or pills to solve the problem. You should give meditation and hypnosis a try and feel their power. What are you waiting for? Scroll to the top of the page and click the **"BUY NOW"** button to grab your copy now!

**(Book 2) The Science Behind Deep Sleep. How to Improve Mindfulness Through Beginner Meditation**



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Stories, Stress Relief, Self Healing, Hypnosis and Have the Best Rest of All Penguin Losing weight while you sleep may sound too good to be true, but in fact the connection between inadequate sleep and weight gain (among a host of other negative medical results) has long been recognized by medical researchers. Turning this equation on its head, clinical psychologist and board-

certified sleep expert Dr. Michael Breus shows that a good night's sleep will actually enable you to lose weight, especially if you have been chronically sleep deprived. The Sleep Doctor's Diet Plan is designed to help any person who has been frustrated by her inability to shed weight by giving her the tools to overcome the stress, poor habits, and environmental challenges that stand between her and

adequate rest. Sleep deprivation is a frustrating reality for many women faced with chronic stress or hormonal changes--and the fatigue, moodiness, and weight gain that come with it might just be the tip of the iceberg. While helping thousands of women implement simple health and lifestyle changes to improve the quality and the quantity of their slumber, Dr. Breus has witnessed not

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only an upsurge in their energy levels and a diminishing of myriad health concerns, but also significant weight loss achieved without restrictive dieting or increased amounts of exercise. In The Sleep Doctor's Diet Plan, Dr. Breus delves into the science behind this sleep – weight-loss connection, explaining exactly how sleep boosts your metabolism, ignites fat burn, and decreases cravings and overall appetite,

and he presents a realistic action plan to help you get your best sleep--and your best body--possible. He shows how you can overcome your personal sleep obstacles with a slumber-friendly evening routine, stress management techniques--even recipes for healthy meals and snacks--to help you fall asleep more easily. If you are ready to stop tossing and turning night after night, if you are done downing coffee to conquer

nagging fatigue, and if you have bounced from one diet to another in an effort to find one that really, finally helps you lose the pounds you want, The Sleep Doctor's Diet Plan has the information, advice, and practical strategies you need to get deep, revitalizing sleep--and achieve a slimmer, healthier body in the process. Pharmacological Treatment of Mental Disorders in Primary Health Care DIANE Publishing

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Say Goodbye to Your Sleep Troubles Today With 20+ Natural Remedies and Recipes to Make You Sleep Like a Baby! Do you suffer from lack of sleep or bad sleep? Do you want to avoid over the counter or prescription medication? Are you looking for a sleep solution that works? If you have answered a big YES to one or more of these questions, "20+ Natural Remedies and Recipes to Make You Sleep Like a Baby" is the book for you!

This book has been written specifically for people dealing with sleep problems who want a way to naturally find a way to sleep like a baby! Can I Really Get a Better Nights Sleep Naturally? Sleep troubles and disorders are one of the most common problems people face today. A lot of people don't even realize they aren't getting a good night's rest but wonder why they feel so tired and fatigued every day. This book

will help shed some light on some natural remedies that can help to improve your sleep so that you can have the energy to blast through your day! If you try some of the remedies in this book you will be on your way to sleeping like a baby in no time! What Will I Learn From This Book? If you are wondering what some of these natural sleep remedies are, here is a quick overview of what you will get out of this book! The Importance of

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Getting a Good  
Nights Sleep  
Homemade Teas  
to Help You Fall  
Asleep Fast Tea  
Baths That Can  
Relax You and  
Put You To Bed  
Quickly The  
Different Foods  
That Can  
Improve Your  
Sleep  
Supplements  
That Will Help  
You Sleep How  
To Make  
Delicious Sleepy  
Time Smoothies  
The Habits You  
Can Stack To  
Get a Better  
Nights Sleep  
This book will  
be discussing  
these topics in  
detail and much  
more! If you  
truly are at a  
point where you

are struggling to  
fall asleep at  
night and don't  
know what else  
to do, give this  
book a try. Sleep  
Problems can be  
very disruptive  
in your life and  
cause you to  
lose your lust  
for life, lose  
your focus, have  
no energy,  
depression and  
much more. It  
can wreck  
complete havoc  
in your life if  
you don't do  
something about  
it! Don't wait  
any longer,  
purchase a copy  
of this book  
today! Just  
scroll to the top  
of the page and  
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TAGS: bad sleep,  
sleep better.  
sleep habits,  
good sleep, how  
to sleep good,  
trouble sleeping,  
sleep problems,  
how to sleep  
better, how to  
go to bed early,  
sleep throughout  
the night, natural  
sleep remedies,  
natural sleep  
pills, sleep  
disorders, sleep  
struggles, lack  
of energy, lack  
of focus, fatigue,  
low energy  
Guided  
Meditations for  
Deep Sleep  
Simon and  
Schuster  
Following the  
huge success of  
his blockbuster  
weight-loss  
program,  
McKenna has

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created a groundbreaking new book-and-CD set that reveals the secrets of getting regular, deep, refreshing sleep--and banishing insomnia for good. I Can Make You Sleep Charlie Creative Lab Would you like to sleep really well? Would you like to stop your mind racing and feel calm? Easily stop the disruption of waking during the night? Would you like to sleep when you want to? Awaken

refreshed and full of energy? Then let Paul McKenna help you! We spend nearly a third of our lives asleep, but more of us are suffering from insomnia than ever before. Now Paul McKenna, Ph.D., has made a series of major scientific breakthroughs that can dramatically improve your sleep starting today. In this book, he shows you simple techniques and changes in your

thinking and behavior can transform your sleep habits. The accompanying guided hypnosis download is designed to deeply relax you when you want to sleep and reset your body ' s natural sleep mechanism, so you ' ll automatically find it easier to get deep, restful sleep. If you want to get a good night ' s restful sleep and wake up refreshed, have the energy to

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achieve what you want, and improve the quality of your life, then this book is for you!  
Love Food, Lose Weight  
Rodale Books  
We all go through patches when we find it hard to sleep. Either we have problems dropping off at night or we wake in the early hours with thoughts buzzing round in our minds. Sometimes it seems impossible to get that elusive

night's sleep we reap the so badly crave, but this book will show you how to break negative patterns, get more rest and improve your well-being. Dr. Jessamy Hibberd and Jo Usmar draw on the very latest developments in cognitive behavioral therapy (CBT), to guide you through proven techniques to help you get your sleep patterns back on track. You will feel rested, happier, and immediately

benefits in your everyday life. Understand sleep Banish bad habits Tips for winding down Sleep-inducing strategies Control your sleeping environment Common myths busted [Bedtime Stories For Adults](#) National Geographic Books This humorous gift book provides inspiration and strategies that are way more fun than counting sheep to help you get

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a good night's sleep. If you're tired of sleepless nights and wish you could drop off in two shakes of a lamb's tail, then this book is for you! Filled with more adorable sheep than you can count, and plenty of relaxing puzzles and quotes, this soporific little volume will have you snoozing in no time. Or if you prefer, you can literally count the sheep on each page to help ease you into the land of nod.

**Sleep Comfy Now**  
**Rizzoli Publications**

**I Can Make You Sleep**  
**Hay House, Inc**  
**7 Steps For Success Elsevier**

Do you want to sleep well and better, and have a deep sleep, with easy strategies to apply, apart from learning a secret ritual that we do to sleep deeply? The vast majority of people know the enormous benefits that sleep brings us, such as more energy, more concentration capacity, better metabolism, less accumulation of fat in our body, etc., given many circumstances that usually happen in our daily lives do not allow us to carry

out a quality of sleep that we should have. There are more and more demands in your day to day life and it becomes more difficult to fulfill those 8 hours of sleep you need. That's why we are going to recommend these strategies that will improve your quality of sleep and make those 6 hours or 5 hours that you sleep normally, worth as if they were 8 hours or more. We will also share with you our secret ritual to sleep soundly from now on, and above all that it is natural, forget about taking pills or spending large amounts of

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money. In this book you will learn: -Why you can't sleep well and what is the real root of all this. -Strategies for sleeping deeply in the REM phase -Strategies to regulate your biorhythms, circadian cycle -Melatonin the sleep hormone -Our magic ritual to make you sleep like a baby **IMPORTANT** -The power of meditation and much more This book is designed to help you understand what generates this poor quality of sleep and how to reverse it from day one. Buy now and start getting a good quality of sleep, and

improve your health NOW! Sleep Stories for Adults Quercus Offers a system to help reset the body's natural sleep mechanism in order to improve both the quantity and quality of sleep. Treatment to Sleep and Have a Deep Sleep, Regulating Your Biorhythms, as Well as a Natural Remedy to Have a Deep Sleep. Overcome Your Sleep Problems, Renew Your Body and Mind. Random House Do you want to fall asleep as soon as your head hits the pillow? Sleeping

like a child, calmly, and deeply relaxed every night? And then wake up in the morning fully regenerated and energetic ready to start another day? Then I would recommend you keep reading... You would not believe how difficult it is to sleep these days. The hustle and bustle of today's world have left us all shaken and tense. The things we like the most, the tranquility and serenity, seem to have been taken from us.



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And we face an increasing amount of stress from demanding urban environments and disrupted daily routines. The only thing that balances everything else, "A good night's sleep", has become so difficult to get, but suffering sleepless nights does not have to be your reality. Meditation and hypnosis have been used for centuries to treat many ailments, including the inability to sleep better. Sleep meditations and hypnosis are

used to move your mind away from any wandering thoughts of stress, worry, or anxiety, and focusing your attention on relaxing, peaceful thoughts and feelings that slowly and gently drag you to sleep. They can combat mild insomnia and other sleep problems. They will also make you feel more relaxed, calm, and productive the next day. Try meditations and self-hypnosis to fall asleep and get the deep,

peaceful, restful, and natural sleep you want. This book provides a complete guide to the following: Why practicing meditation and hypnosis will help you sleep well The best breathing exercises to relax and induce meditation Healthier habits to improve your nights Visualizations for deep relaxation Positive affirmations Guided meditation and self-hypnosis for deep sleep The secrets of the relationship between sleep

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and physical health. Improve your overall health by introducing meditation into your daily routine. And more... This book contains easy-to-start meditations and hypnosis techniques that can be used by both beginners and experts to get the most benefit in the simplest way possible. Whether you're having a good night's sleep or suffering from sleep disorders, this guide can help get to sleep quickly, stay asleep all night,

or just getting deep, restful sleep and waking up refreshed and energized. If you want to know more about how to get the most out of meditation and hypnosis and to learn to fall asleep instantly with a calm and peaceful state of mind then Click the "Buy Now With 1 Click" button to get Guided Meditations for Deep Sleep to begin your journey right now! The Wim Hof Method Stefan Z Do you struggle trying to fall

asleep at night? Do you want to leave the outside world to which you belong by blocking all those bad and stressful thoughts that always flood your mind and wrecks your sleep? Adult life is stressful! Full of responsibilities and commitments that often overwhelm our mind. If you want to improve the quality of your life, waking up in the morning without that unpleasant feeling as if you hadn't slept at all, then I would

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recommend you keep reading... A good night's sleep is essential to our well-being and health, but sleep is often poor and neglected in our busy lives. Now is the time to stop and find comfort and marvel at other worlds where everything is fine and sleep is just a page or two away. Bedtime stories have been scientifically proven to have a wide range of psychological health benefits that help you enjoy a regenerating sleep and wake

up refreshed in the morning. These are stories to soothe tired souls, perfect night time companions for frazzled adults for a good and restoring night's sleep. This heartwarming audiobook has shown to calm and restore an anxious mind, soul and body before bed. The stories are not only written just to make you sleep but for the dreams come to you and drag you to places and moments that we may have forgotten, or we simply

think we have forgotten until the magic takes us back. It can be a relaxing experience to listen to tales that evoke these fantasy themes while you make a drift, taking you to the world of dreams. With this audiobook, you will enjoy a collection of 20 bedtime stories written with the intent to provide a mental break from your daily routine and thoughts. You will start dreaming of: A Core Universe in a Forgotten Time A Journey through Space and Time The

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Friendship between Chloe and Joy Amsterdam and Venice A secret Map And much more... So, take your mind off, curl up and let yourself escape into a new world, a magical, mysterious and tender kingdom that will accompany you to your sweet dreams. If you're ready to calm your mind and release stress and anxiety, if you are ready to keep your worries away from you, leaving your body ready to relax for a good

night's sleep, and if this sounds like a way you would like to end your day, then this is the right audiobook for you. Therefore, don't think twice and click on the "BUY NOW WITH 1 CLICK" button to begin your journey today. Practical Advice for Restful Slumber Quercus Are you somebody who thinks sleep is for wimps? Or do you find it hard to survive on less than ten hours a night? Now you can make your sleeping time

work for you. Sleeping Your Way to Success shows you how you could be creating your ideal life through what you do during those (until now) wasted hours. The time you spend blissfully unconscious can be the most productive of all, radically transforming the success you enjoy during your waking hours. You just need to know how, and this book will show the way. Unlike other books that deal with sleep and dreams, Sleeping Your

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Way to Success is not about insomnia or dream interpretation. Instead, it looks at how you can train your subconscious, through New Dreaming™, to make your dreams more positive and more directed towards your goals in life. This positive energy infuses your whole day, and ultimately brings those goals closer to reality. Whatever it is you want from life – a dream-home, a fulfilling career or mission, greater

health, passionate love, financial wealth, some peace and quiet, the chance to create something wonderful – the way you are sleeping will decide whether you get there quickly, slowly, or if you even get there at all. To make sure that you have everything you wish for in this lifetime, you can start Sleeping Your Way to Success right now!  
83 Relaxing Bedtime Stories For Stressed Out Adults to Reduce Anxiety, Stress,

Overcome Insomnia and Help Fall Asleep Fast by Deep Sleep Hypnosis Guided Relaxing Meditations  
Andrews McMeel Publishing  
INSTANT NEW YORK TIMES BESTSELLER  
The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. “ This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is

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no dogma, only acceptance. Only their capacity freedom.” —Wimfor strength, Hof Wim Hof has vitality, and a message for happiness. Wim each of us: “ Youhas become can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to

supercharge vitality, and a message for happiness. Wim each of us: “ Youhas become can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to

known as “ The Iceman ” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and

passionate style, Wim shares his method and his story, including:

- Breath—Wim ’ s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- Cold—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body ’ s untapped strength
- Mindset—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living

Science—How users of this method have redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim ’ s Story—Follow Wim ’ s inspiring personal journey of discovery, tragedy, and triumph •

Spiritual Awakening—Howto explore and breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “ This is how we will change the world, one soul at a time, ” Wim says. “ We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction. ”

If you ’ re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you. [Simple Rules for Losing Weight While You Sleep](#) Sterling Publishing Company, Inc. NY Times best-selling author Dr. Michael Roizen reveals how the food choices you make each day--and when you make them--can affect your health, your energy, your sex life, your waistline, your attitude, and the way you

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age. What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives--and increase longevity to

boot. What to Eat When is not a diet book. Instead, acclaimed internist Michael Roizen and preventive medicine specialist Michael Crupain offer readers choices that benefit them the most--whether it's meals to help them look and feel younger or snacks that prevent diseases--based on the science that governs them.