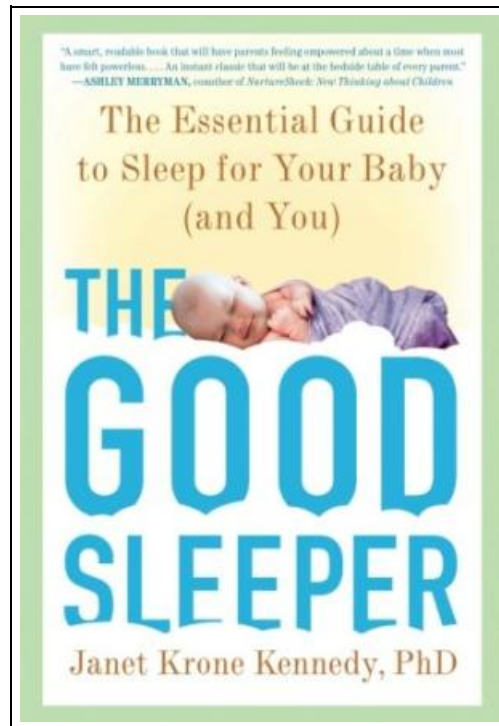


## The Good Sleeper (Paperback)



Filesize: 6.79 MB

### **Reviews**

*Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.*  
(Prof. Damon Kautzer III)

## THE GOOD SLEEPER (PAPERBACK)



Henry Holt Company Inc, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. This is a refreshingly straightforward method for training infants to become great sleepers for life, inspired by clinical psychologist Janet Kennedy s popular psychotherapy practice, NYC Sleep Doctor. Cry it out or co-sleep? Bassinet or swing? White noise machine or Bach? How many hours anyway? For something so important, there s too much conflicting information about how best to get your baby to sleep through the night and nap successfully during the day. This book is a straightforward, no-nonsense answer to one of the biggest challenges new parents face when they welcome a brand new baby home. This book is written for exhausted parents, giving them immediate access to the information they need. Reassuring and easy to understand, Dr. Kennedy addresses head-on the fears and misinformation about the long-term effects of crying and takes a bold stand on controversial issues such as co-sleeping and attachment parenting. With polarizing figures and techniques dominating the marketplace-and spawning misinformation across the internet - Dr. Kennedy s methods and practices create an extensively researched and parent-tested approach to sleep training that takes both babies and parents needs into account to deliver good nights and days of sleep, and no small dose of peace of mind.



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