



You Can Sleep (Paperback)

By Dr Moses Wong

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You Can Sleep is a self help book. Some people can sleep in front of a television or back seat of a car, but wide awake when they go to bed and try to sleep. This book will transfer this ability to sleep when you go to bed. Insomnia is the frustration of not able to sleep when you are in bed. If you have no frustration, you no longer suffer, you are not having insomnia. You just choose to enjoy lying in bed not worried about sleep. Most of the time there are no outside stress or factors that stop you from sleeping. The stress is generated inside you when you are wide awake in bed. This is an inside job, all in the mind. A saying - you are your worst enemy. I am helping you to change that enemy to your friend and help you to sleep. Below is one of the letters from grateful readers and may explain the results of those who find this book useful, and you can be one of them. Dear Dr....



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-- Romaine Rippin

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-- Lyda Davis II

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