

? THE #1 CONTROVERSIAL BESTSELLER ON HOW TO FALL ASLEEP ? There's a reason you can't fall asleepâ€”you're doing it wrong. Grab the Kindle edition for FREE and finally, blissfully fall asleep... Over the last two decades a new type of disorder has emerged, one that is almost essentially in this modern society. Ripped out of their natural habitat and penetrated into the working hours of 21st century life, it's no wonder we're not sleeping. We're doing it wrong. In *How to Fall Asleep in 30 Seconds*, bestselling author and #1 personal development blogger in the world Steve Pavlina tells the story of the massive cultural upheaval that produced this sleep-deprived epidemic, and shares controversial techniques and tactics on how to fall asleep and stay asleep. Stop and think: Realize that if it takes you fifteen minutes on average to fall asleep each night, that's more than 91 hours per year that youâ€™re wasting. This is the equivalent of spending more than two entire forty-hour workweeks just lying in bed waiting to fall asleep. And if you have insomniac tendencies and take more than an hour to fall asleep each night, youâ€™re spending more than nine 40-hour weeks on that pointless activity â€” every year. Thatâ€™s a tremendous amount of wasted time. If youâ€™d like to change this situation, keep reading. Iâ€™ll explain the details and share a process for training your brain to fall asleep almost instantly when youâ€™re ready to go to bed. Ask yourself ? Do you have trouble falling or staying asleep? ? Are you waking in the middle of the night? ? Are you tossing and turning for hours only to drop off just before your alarm goes off? ? Do you find yourself hitting the snooze button, until the very last minute, only to have to dash out the door, so youâ€™re not late? ? Are you irritable after a poor night's sleep? ? Do you feel exhausted the next day or have trouble concentrating and being productive? ? Is your lack of good sleep becoming worrisome? In this book, you'll learn: ? how to fall asleep in less than 30 seconds ? how to become an early riser ? how to get up right away when your alarm clock rings ? how to give up coffee for the best sleep of your life What are you waiting for? Grab your Kindle copy while it's still free! ?? Readers who purchase the paperback get the Kindle version for FREE ??

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