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# The Prince Fell Asleep: The Lovely Way To Get Children To Sleep Fast



## **Synopsis**

Even your children are irritable and overly excited at night, or have anxieties and fears that prevent them from sleeping? This is difficult to manage, because they cannot calm down to a peaceful, silent and focused state. It is many parents' nightmare. They are forced to lose hours of sleep, to let children cry or to have endless evenings trying bedtime rituals, never resolving the problem. This book is the problem's solution, and is available to everyone. This bedtime story was made to get children to sleep, without them being scared, more quickly and calmly. How? With a story designed and created to make children get to sleep fast. "The Prince fell asleep" is a magical story full of features that invites children to relax. It is a lovely way to get children to sleep fast. Try it for yourself! In this story, Autogenic training exercises were studied and adapted for children, using fantasy and imagination, to allow even the youngest of children to reach a state of inner relaxation using methods that are closer to playing and telling fairy tales.

## **Book Information**

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## **Customer Reviews**

This book makes my child fall asleep mid way through the book! We have used this book every night since I bought it. Get this book you will not be disappointed!!!! I have a (now) 4 year old boy

who LOVES to pretend he's not tired and tries to fight his sleepiness at bedtime. When we tried this book, I didn't even make it all the way through before he was sleeping. He fell asleep after page 2!!! I read it all, like the directions say to, and after I finished, I needed a nap! It definitely works lol. It's less boring than "the rabbit who want to fall asleep"!

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