

Sleep Tight

The go-to guide to getting infants and toddlers to fall and stay asleep, completely revised and updated Kim West, LCSW-C, known to her clients as The Sleep Lady®, has developed an alternative and effective approach to helping children learn to gently put themselves to sleep without letting them "cry it out" -- an option that is not comfortable for many parents. Essential reading for any tired parent, or any expectant parent who wants to avoid the pitfalls of sleeplessness, Good Night, Sleep Tight offers a practical, easy-to-follow remedy

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that will work for all families in need of nights of peaceful slumber! New material and updates include: New yoga recommendations Updated information for parents of young infants Expanded information on nighttime potty training Ending co-sleeping Sleep training for twins and multiples

Splat is really excited about going camping—until his mom tells him she has invited his rival, Spike.

Whether it's bedtime or the wee hours of the night, this sweetly illustrated nighttime companion is filled with practical ways to help young insomniacs, ages 5 to 9, with reassuring

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nighttime routines, creative visualizations, and kid-friendly activities and techniques for addressing bedtime reluctance, managing fears and anxiety, easing nightmares, and inviting pleasant dreaming and positive associations with sleeptime.

Maggies Pentecostal granny is her only solace during a difficult childhood in eastern North Carolina that includes boozing, biker parents and an unwed sisters pregnancy. But hard-working, determined Maggie breaks out of this harsh lifestyle by excelling in school, earning a college scholarship, and escaping from her provincial familybut never from her

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grandmothers Christ-centered admonitions. Meeting Carson Bales, a chemistry professor, in unlikely circumstances sets Maggies course toward romance, a hastily planned marriage, and a wedding night surprise. After thirty happy years together, their lives are interrupted by Carsons diagnosis of Alzheimers disease. Maggie walks every step of dementias abyss with him, which leads her to a fateful connection with Dr. Bill Holton, whose wife suffers the same disease. Bill and Maggie form a friendship around their common thread. At least, Maggie believes it is just friendship, until a stormy night and a broken water heater bring

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them together on the Outer Banks. Maggies stalwart morality, driven by Grannys warnings, is in jeopardy when one misspoken word causes Bill to challenge her fidelity to a husband who no longer knows her name. Will Maggie choose faithfulness to her husband and to Jesus or a second chance at love? And will forgiveness require yet another choice? Sleep Tight is the heartfelt tale of one womans journey to remain true to her Christian faith in the face of moral challenges that occur during her husbands battle with dementia.

SWEET TERROR It started with a little boy. A little boy who sneaked out to go to the pool and

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was never seen again. Old Miss Waverly disappeared soon afterward. And then that hotshot student vanished into thin air. Things like this just didn't happen in a quiet town like Harley. Except that Harley was no longer a quiet town. SWEET DREAMS Noah was getting scared. He knew something bad was happening because his father came home looking worried ever night. And his mother wouldn't let him go anywhere alone. Then the dreams began. The dreams about the Tall Man. The Tall Man was coming to get him. The Tall Man was coming to steal a little boy's soul—and feed off his innocence... SLEEP TIGHT

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Illustrated Bedtime Stories & Meditations to Soothe You to Sleep

Sleep Tight, Pete

Good Night, Sleep Tight, Little Bunnies

Healthy & Fun Ways to Sleep Tight

Disney Classic: Good Night, Sleep Tight!

Wake up, little darling. Do you like what you see? He's looking for the perfect woman. Someone who won't disappoint him, like so many have before. Someone who'll love him. Someone who won't have to die for her mistakes. Give up, little darling. FBI agent Mary Cantrell has been called to Minneapolis to hunt down a killer. It's shaking

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her to the core, and reviving dreadful memories. Years ago, her best friend was murdered. Now the man convicted of the crime, Gavin Hitchcock, is free -- and Mary's own sister Gillian, a local cop, has befriended him. No one can hear you scream but me. As each clue leads them closer to Hitchcock, Mary and Gillian set themselves up as the perfect target -- and the perfect trap. Unless Mary's own past is blinding her to an unimaginable truth....and plunging her into a waking nightmare. From Publishers Weekly: Women who dye their hair blonde may think

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twice before heading to the salon after reading Frasier's (Hush) enthralling thriller about a serial killer who plucks the eyes out of his young blonde victims and grafts rose stems onto their fingers-all in an effort to create the perfect woman. Minneapolis FBI agent Mary Cantrell has a personal interest in the latest string of murders taking place in her hometown. The killer may very well be an old high school classmate named Gavin Hitchcock, who was convicted of raping and murdering her best friend and then released after serving nine years in prison. But when the

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abductions persist even after Gavin is returned to custody, Mary's sister, Gillian, a local cop who's befriended Gavin and believes him to be innocent, goes undercover to trap the real killer. Some vivid autopsy scenes may turn the stomachs of the squeamish, but there's a lot more to this clever intrigue than graphic police procedures. Indeed, one of Frasier's many strengths is her ability create characters and relationships that are as compelling as the mystery itself. From the estranged Cantrell sisters and their broad-minded mother to Mary's

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handsome partner and the troubled Gavin, Frasier's well-rounded characters will linger with readers long after the killer is caught. NEW YORK TIMES BESTSELLING AUTHOR USA TODAY BESTSELLING AUTHOR RITA AWARD AUTHOR DAPHNE DU MAURIER AWARD AUTHOR

Good night!

Little ones will love this touch-and-feel board book featuring their favorite Disney animals! Discover the magic of Disney's classic characters in this fun touch-and-feel board book.

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With colorful illustrations and touch-and-feel elements on every page, young ones are sure to be engaged from beginning to end!

Every morning Digger Dan and his friends go to Digger Day Care. But this morning is very special. The Mice have a building plan and every little vehicle has their very own task to complete. Leo the Wheel Loader lifts a heavy stone. Digger Dan digs and digs, piling sand higher and higher while Theo the little dumper truck carries a load of pretty balloons and Carley Crane helps wherever she can. When the big project is done,

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everyone is so excited to see their big, beautiful creation! Can you guess what the little vehicles built?

Rediscover the magic of a reading before bed, and soothe yourself to sleep with Sleep Tight, a beautifully illustrated bedtime storybook for adults.

Illustrated bedtime stories & meditations to soothe you to sleep

Splat the Cat: Good Night, Sleep Tight

Sleep Tight!

Sleep Tight Very Hungry Caterpillar

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A Practical, Proven Guide to Solving Your Baby's Sleep Problems

Sleep Tight Nashville follows Banjo the dog as he explores the city of Nashville, Tennessee and shares this adventure through a story book fit for kids of all ages. It is Nashville's first official children's book, highlighting all the wonderful things the Music City has to offer.

The Sleep Lady's two-week technique helps children overcome sleep roadblocks

A captivating exploration of how a family gets a farm ready for the snow of winter, Sleep Tight Farm lyrically connects each growing season to the preparations at the

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very end of the farm year. This beautiful and informative book paints a fascinating picture of what winter means to the farm year and to the family that shares its seasons, from spring's new growth, summer's heat, and fall's bounty to winter's well-earned rest. All year long the farm has worked to shelter us, feed us, keep us warm, and now it's time to sleep. Plus, this is the fixed format version, which looks almost identical to the print edition. How do sleepy monsters go to bed? Say goodnight with all of your Sesame Street friends.

The Very Hungry Caterpillar has sold over 44 million copies worldwide, in over 60 languages. In this brand new lift-the-flap story, it's evening and everyone is going

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to sleep - children can lift-the-flap on each page to discover which animal is settling down for the night. Who's that hiding on the very last page? Could it be everyone's favourite caterpillar . . . ? A fun, interactive way to learn about different animals and where they settle down to sleep. The perfect bedtime read.

Sleep Tight, Snow White

Newborn to Five Years: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy

Natural Sleep Aids to Good Night's Sleep at Home Without Spending a Penny!

Sleep Right, Sleep Tight

A Good Night Story from the Construction Site

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As night falls and the stars come out, animals all over the world prepare for sleep.

Bonnie and Ben go on a wonderful bedtime adventure before it's time to say: good night, sleep tight!

*A stunning sequel to the award-winning title *The Kiss That Missed*. The lovable and haphazard knight is back on another quest to find the finest feathers in the kingdom to fill the royal pillow and stop the little princess making that terrible noise!*

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Good Night Sleep Tight Workbook is the essential companion to the best selling book, Good Night Sleep Tight, by The Sleep lady, Kim West. The book includes a step-by-step guide for parents, is organized by age and by process, and is the key to sleep coaching success. The Workbook can be used as a standalone guide; includes an essential to do list, sleep plans, tear out sleep logs, sleep manner sticker charts and a certificate of completion for celebrating success - all the essentials needed to help tired

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parents with children of any age who are experiencing sleep problems.

A funny large picture book about bedtime rituals!

How to Sleep Tight through the Night

Gentle Proven Solutions to Help Your Child

Sleep Without Leaving Them to Cry it Out

Eleven-And-a-half Good Night Stories with

Fox and Rabbit

Good Night, Sleep Tight!

Sleep Tight: A DC Rose Gifford Thriller

(Rose Gifford series, Book 1)

Would you like to wake up every day feeling wonderful,

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completely relaxed and energized after a good night's sleep? Would you like to know the best sleep direction and best position to sleep better? No staring at the ceiling waiting for sleep, checking the time every now and then...tossing in the bed and thinking 'why I can't sleep'... Sleep your way to being more lively, happier, clear, energetic, focused and efficient so that you get more done in less time, reach your goals faster have faster growth in office or business, a healthier life and better relationships An overall more fulfilling life!!! And all this without spending money, in the comfort of your home, no more appointments with doctor sleep! All you do is getting yourself this book and that's it - as far as

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spending money is concerned. No prior experience or knowledge is required for these easy "just do it" yoga poses for sleep. Only natural sleep aids that don't harm the body - no sleeping pills - so a healthier and happier body! It's all my own personal experience! So, I know it works! And along with sleep yoga poses (with pictures of each pose) you get these bonuses: 4 Acupressure techniques to handle sleep disorders 3 Breathing methods to help you sleep 40 Tips for 'no sleep' woes 15 Stress buster Ideas Interesting bed time foods that help you sleep Aromatherapy for lack of sleep You do not need to download these bonuses separately. All the bonuses are included in this book itself. All it takes is

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15 minutes every day to really sleep well with completely naturally. How? That's what I show in this 'how to get to sleep' book.

Uri the dove says goodnight to her friends in this gentle bedtime book that will send children off to sleep with a smile and a prayer. Frolic board books playfully introduce basic faith concepts in a way that's fun and age appropriate for very small children.

A brand new detective series with a supernatural twist! 'Eerie, original and compelling' C.L. Taylor 'Tense and twisted' Susi Holliday 'A brilliant, clever murder mystery' Jane Casey Even in your dreams you're not safe...

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The Veggies prepare for bedtime in this sweetly rhyming board book. It's getting late, and the Veggies are getting ready for bed. Laura and her brother race to pick up toys, Bob snuggles in with a good book, Pa Grape brushes his teeth, and Madame Blue sings a lullaby to sleepy peas. Little ones will love seeing Veggie favorites, such as Junior Asparagus and Petunia, perform familiar bedtime routines. With soothing illustrations and lilting rhymes, this book will help children transition from playtime to sweet dreams. As they are tucked into bed and everything around them is ready for sleep, two children see what a special place their house becomes.

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Sleep Tight Farm

Cool Sleeping

Bedtime Tricks (That Really Work!) for Kids

The Sleep Lady's Gentle Step-by-step Guide for Tired Parents

Mindful Kids

As a little mouse tosses and turns in his bed of dried grasses, he imagines that other animals must surely have better sleeping arrangements. A bird's nest, a kangaroo's pouch, a polar bear's den—they all sound so cozy . . . at first. But a patient mother mouse helps her little one see why home is

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best for him. This mother and child's loving banter suggests a game that parents and toddlers will quickly add to their own bedtime routines—ensuring sweet dreams for all.

Finalist for the Mary Higgins Clark Award
From the award-winning author of *There Was an Old Woman* comes a riveting tale of domestic noir, infused with old Hollywood folklore and glamour, set in a town rife with egotism and backstabbing and where fame and infamy are often interchangeable. *Los Angeles 1986: When Deirdre Unger arrived in Beverly Hills to help her bitter, disappointed father sell his*

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dilapidated house, she discovers his lifeless body floating face down in the swimming pool. At first, Deirdre assumes her father's death was a tragic accident. But the longer she stays in town, the more she suspects that it is merely the third act in a story that has long been in the making. The sudden resurfacing of Deirdre's childhood best friend Joelen Nichol—daughter of the legendary star Elenor "Bunny" Nichol—seems like more than a coincidence. Back in 1958, Joelen confessed to killing her movie star mother's boyfriend. Deirdre happened to be at the Nichols house the night of the murder—which was also the

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night she suffered a personal tragedy of her own. Could all of these events be connected? Her search to find answers forces Deirdre to confront a truth she has long refused to believe: beneath the slick veneer of Beverly Hills lie secrets that someone will kill to keep buried.

Inspired by the powers of the bedtime storybooks we read as children, this beautifully illustrated collection of narrative bedtime meditations for adults will help you sleep well, and wake up prepared for any challenge. Keep this book by your bed, and choose one of 15 sensual guided

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meditations to read each night as you drift off to sleep. Wave goodbye to stress and anxiety and reconnect with nature as you escape into a different part of the natural world in each story, each aimed to ease you into a specific mindset. Whether you need all your courage, creativity, and strength for a big meeting the next day, or are looking to have a calm, grounded, and restorative day, there's a story to give you the power you need to face every scenario. Watch your worries wash away as you to trail the coastline, ground yourself as you walk barefoot through the forest, and feel the

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weight of the world lift away as you float on the moon, as you enjoy stories such as: 'Journey to the Moon' – a narrative to make you feel free 'The Lake of Tranquility' – a story to encourage inner peace 'The Enchanted Garden' – a tale to restore a balanced mind 'Thunderstruck' – a meditation to help you summon strength ...and more! Including practical tips and affirmations to help you stay strong and calm the next day, and magical illustrations to help you drift off into a rejuvenating sleep, this screen-free alternative to a meditation app has all the benefits of a guided meditation session and

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more. With Sleep Tight, take control of your mind and mood before bed, improve your mental resilience and enjoy a refreshing sleep to be ready for the day ahead.

A Mother Goose for the new millennium: bedtime rhymes for all your favorite princes, princesses, and nursery rhyme characters! Everyone has a hard time nodding off sometimes—from Prince Charming, who snores so loud it's alarming, to Hansel and Gretel, who have Sleepytime tea in the kettle. With a good night's sleep, even the Wicked Queen can have a new day, fresh and clean! Say good night to your favorite characters from

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beloved fairy tales and nursery rhymes in this enchanting bedtime book from author Jen Arena with gorgeous illustrations from Lorena Alvarez.

An activity book to help young people sleep soundly and get the rest they need.

The Good Night, Sleep Tight Workbook

The Sleep Lady's Good Night, Sleep Tight

From Sleep Deprivation to Sleep Tight With 12 Effective Yoga Poses

Sleep Tight Tonight

"When Olivia Brookes calls the police to report that her husband and children are missing, she believes she will never see them again. She has

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reason to fear the worst; this isn't the first tragedy that Olivia has experienced. Now, two years later, Detective Chief Inspector Tom Douglas is called in to investigate this family again, but this time it's Olivia who has disappeared. All the evidence suggests that she was here, in the family home, that morning. But her car is in the garage, and her purse is in her handbag - on the kitchen table. The police want to issue an appeal, but for some reason every single picture of this family has been removed from albums, from phones, from computers. And then they find the blood... Has the past caught up with Olivia?"--Amazon.com.

In a peaceful bedtime rhyme, animals and birds all around the world--including bunnies, monkeys, elephants, tigers, and penguins--are falling asleep as the moon and stars shine above. Pete's mother tells him three bedtime stories in which he is the hero.

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Terror begins to dominate the town of Harley, as children mysteriously disappear, and Jack and Julie Reilly begin to fear their children may be next

Start building healthy habits early! This title gives kids a chance to practice wholesome living through eating, cleaning, science experiments, and crafts. Cool Sleeping introduces a cool new way for kids to sleep. They'll love the helpful hints on how to incorporate healthy living in their daily life and the easy step-by-step photos and instructions on how to make things like a slumber spray a dream log. Make being healthy fun and easy for kids today! Checkerboard Library is an imprint of ABDO Publishing Company.

Good Knight Sleep Tight

A Novel of Suspense

Sleep tight, Digger Dan!

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Sleep Tight with the Very Hungry Caterpillar
Sleep Tight! (Sesame Street)

Sleeping With The Enemy They hide in mattresses. They wait till you're asleep. They rise in the dead of night to feast on your blood. They can multiply by the hundreds in less than a week. They are one of the most loathsome, hellish species to ever grace God's green earth. Thought to be eradicated decades ago, thanks to global travel they're back. And with them comes a nightmare beyond imagining. Bed bugs. Infected with a plague virus so deadly it makes Ebola look like a summer cold. One bite turns people into homicidal maniacs. Now they're in

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Chicago. And migrating to all points north, south, east, and west. The rest of the world is already itching. The U.S. government and the CDC are helpless to stop it. Only one man knows what's causing the epidemic. And the powers-that-be want him dead. "A fresh new talent with an amazing ability to astonish." --David Morrell, bestselling author of First Blood

Fully revised and updated, this classic bestseller holds the key to happiness for sleep-deprived parents. SLEEP RIGHT, SLEEP TIGHT is a hands-on, tried-and-tested guide to solving sleep problems in infants and young children. With all-new chapters in this edition include on

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*parenting and you, the unique needs of very young babies, and dealing with twins, it also covers: * Sleep solutions for your child from birth to three years * How to establish a pattern to suit your child's particular needs * Techniques for soothing and relaxing * Controlled comforting methods for older babies and toddlers * Advice on trouble-shooting sleep disruption * Self-help strategies for tired parents * Progress charts to track sleeping and feeding patterns * Step-by-step advice to guide you through sleeping problems Packed with authoritative information, interactive methods and reassuring advice from health care professionals who*

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help hundreds of families every year, SLEEP RIGHT, SLEEP TIGHT is a must-have for every parent.

"Can you find the animals who need to go to sleep? This lift-the-flap book is perfect for bedtime"--

"Heartwarming stories of friendship, fun and going to bed"--Publisher information.

Sleep Tight

A Farm Prepares for Winter

Good Night Sleep Tight

Good Night, Sleep Tight Workbook

Nighty-Night, Sleep Tight

Good Night, Sleep Tight

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It's bedtime, but Ethan isn't tired! Mommy gives him some warm milk, but that doesn't make Ethan sleepy. The two of them watch the fireflies, but that doesn't make Ethan sleepy, either. Mommy tries singing Ethan a lullaby and taking him for a walk, but Ethan is still wide awake. Then, Mommy gets an idea that might be just what Ethan needs to drift off to sleep.

Night Night, Sleep Tight

Sleep Tight

Good Night and Sleep Tight

Sleep Tight, Little Mouse

Sleep Tight Nashville