



# **The Baby "Fast To Sleep" Formula: The Simple, Two-Part Strategy so your Baby Sleeps 8 Hours a Night by 8 Weeks Old, Guaranteed**

*Karen Kirsner MA*

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*Karen Kirsner MA*

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**This Workbook was written by a Mom, for Moms!**

Tired of reading books and watching videos of techniques that just don't work? So was I! I read all the books and videos out there... and still my children weren't sleeping through the night! So I went out and created my own formula using tried and true methods that have been forgotten, or used out of order. I've condensed my experience into an easy to use workbook where **you'll learn the simple two-part formula to have your baby sleep 8 hours a night by 8 weeks old - Guaranteed!**

**Buy this Book Today and You'll Discover:**

- The Simple, Two-Part Strategy so your Baby Sleeps 8 Hours each night by 8 weeks old, Guaranteed
- The step by step techniques to put your baby on a Customized Baby Sleep Schedule - Without this it will take **MUCH** longer for your baby to start sleeping through the night
- How to get a deep, refreshing night's sleep as a new parent... especially if you're working
- The specific baby Feeding Schedule to achieve 8 hours of sleep every night
- The one trick just before bed to help your baby sleep 8 hours straight
- **Bonus #1:** Three Healthy recipes to make your own Baby Food (\$47 Value) with a Step By Step Guide so anyone can do it! Saves you \$\$
- **Bonus #2:** The Buyers Guide for new parents – don't waste your money on worthless products by using this guide (\$67 Value)

**Money Back Guarantee:** Use the techniques for 6 months on any child up to the age of 5 and if this doesn't work, just write us or email for a full and courteous refund, no questions asked.

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