



**HEALTHY SLEEP-the ultimate no B.S. guide to become an "early bird catches the worm person": a 14 day training program based on modern coaching principles-no yoga, drink smoothies or sleep faster B.S.**

*Jannes Wuebbenhorst*

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Dear reader,

the title of the book says it all. The last two years i worked on this training pogram and I´m proud that I can finally share it with you. I think you can really change your life following this program. Most of the books about sleep give a broad overview on the topic which is great to understand yourself better but they have a lack of getting concrete and precise like my program does.

This book is for you:

- If you have serious problems getting up in the morning
- If you tried getting up a zillion times but failed
- If you want to make a lasting change on your sleeping-habits
- If you want to achieve things in life but your problem gets in your way all the time
- If you´re willing to take radical action and follow me through my 14 day training program

This book is not for people who suffer from Insomnia caused by mental or physicall illness. Please consult your doctor.

This book has a unique individualistic and systemic approach and is not the "one size fits it all" type. All the things you find out about yourself will be put into radical action. I will help you and guide you through the whole process of becoming an "early bird catches the worm person."

The book also contains a 14 day sleep diary which i added as a gift or a bonus. It can be printed out to support you through the process.

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