



# How to Stop Kids NIGHTMARES/NIGHT TERRORS

*Anthony Forsyth*

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Would you like to know how to end your children's night terrors and be able to look over them even when their conscious mind has closed down for the evening? Would you like to permanently end the reign of the closet monster or the bogey man?

This isn't a pipe dream. I believe that anyone can help their kids enjoy a peaceful night sleep by following a few simple steps to get rid of night terrors forever and I'm confident I can help you achieve similar results.. in just 8 simple steps or less.

This is what you'll learn:

- What is a nightmare? – know what are the states of mind that we all go through when we sleep. When do we have nightmares and how our brains work when we sleep.
- Why do we have nightmares? – discover the science behind nightmares. What is it about our conscious and unconscious and the patterns that link to nightmares. What food should you eat before bedtime and what you should avoid.
- **SIX PRACTICAL TECHNIQUES!** – Choose from 6 practical techniques that you can use immediately to end those nightmares for good without ANY formal training!
- Client Examples – We are experienced Master NLP Practitioners who work on a regular basis with private clients. We've included in here 2 real life client case studies where we worked with their nightmares.

Easy to follow techniques

I've stripped the techniques in this book to the very basic so anyone can follow the process and witness some fantastic results! These techniques have been used by me for the last 15 years and are taught to all my new students.

You don't need to be qualified or some kind of expert to see instant results when you follow the techniques in this book but these comments mean nothing without the words of others who have used the book and buy our resources...

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