



The Baby Sleeps Tonight

By Shari Mezrah

Sourcebooks, Inc. Paperback. Book Condition: new. BRAND NEW, The Baby Sleeps Tonight, Shari Mezrah, Sleep schedule specialist Shari Mezrah outlines quick and specific instructions to teach anyone, no matter how sleep deprived, how to create order and happiness in their household by getting baby to sleep through the night by nine weeks. The secret to the plan is the practical and progressive schedule that the author developed and has been teaching for 10 years, and the easy to understand schedules, checklists, and helpful tips aimed at every stage of development for the first year and beyond. Planning for predictable happiness using "The Baby Sleeps Tonight" system helps new parents regain control over their lives, guiding them through the thorny problem of sleep schedules all the way from prebirth through the toddler years and ensuring that the baby—and the whole family—sleeps tonight.



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