



Baby Sleeps Tonight: Your Infant Sleeping Through the Night by 9 Weeks (Yes, Really!)

Shari Mezrah

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The Baby Sleeps Tonight offers a concise, pocket-sized guide packed with simple effective solutions that rely on a proven model of sleeping success. 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 over 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 baby-and the whole family-sleeps tonight.



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