



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

By 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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- Sales Rank: #188962 in Books
- Published on: 2010-04-01
- Released on: 2010-04-01
- Original language: English
- Number of items: 1
- Dimensions: 7.10" h x .67" w x 5.10" l, .51 pounds
- Binding: Paperback
- 240 pages

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Editorial Review

Review

"Must-read book for parents" --Tampa Bay Magazine's "Best Bets" section, March/April 2010 issue

"Provides a good list of what new parents typically need to help with sleep training (e.g., sound machine, glider, breast pump)" and "especially helpful for parents who will return to work" --Library Journal's BookSmack

"No parents, you're not dreaming. Or delirious from lack of sleep. Mezrah says it can really happen if families commit to the sleep plan outlined in her new book, *The Baby Sleeps Tonight*." --St. Petersburg Times, April 1, 2010

"You and your baby can stop crying and sleep through the night." --South Jersey Mom magazine, "Chick Lit Pick," April 2010

""She provides a good list of what new parents typically need to help with sleep training...Her book will be especially helpful for parents who will return to work."" - *Library Journal*

""As essential as eating right is sleeping well; two forthcoming titles tackle that always-hot topic-Sandy and Marcie Jones's *Great Expectations: Baby Sleep Guide* (Sterling, Feb.) and Shari Mezrah's *The Baby Sleeps Tonight*." " - *Publishers Weekly*

""Shari Mezrah creates order at a chaotic time in the lives of parents everywhere."" - *Tampa Bay Metro Magazine*

""Her schedules for feeding, naps and wake times will empower individuals on their journey of parenthood...must-read book for parents."" - *Tampa Bay Magazine*

""No, parents, you're not dreaming or delirious from lack of sleep. Mezrah says it can really happen if families commit to the sleep plan outlined in her new book, *The Baby Sleeps Tonight*." " - *St. Petersburg Times*

""You and your baby can stop crying and sleep through the night." " - *South Jersey Mom*, "*Chick Lit Pick*"

From the Author

Predict--verb

To state, tell about, or make known in advance, especially on the basis of special knowledge.

Happiness--noun

Good fortune; pleasure; contentment; joy.

I coined the term "predictable happiness," which by definition is the ability to know what will happen next and feel good about it. The Baby Sleeps Tonight Plan is based on this concept. Why be reactionary when you can be empowered?

Incorporating the plan into your family's life will lessen the degree of anticipatory anxiety you'll experience as a parent. Through a three-pronged approach of scheduled feedings, naps, and wake-times, the plan will create balance and predictable happiness in your life, while enabling everyone in the house to avoid sleep deprivation and regain their clarity and peace of mind.

--Shari Mezrah

From the Inside Flap

"Shari's revolutionary new plan not only helps new moms get their babies on schedule, but also fosters a healthy attachment between mother and baby. I would highly recommend this plan to all new and expectant parents."

--Carrie A. Cohen, clinical psychotherapist and registered play therapist

"Shari Mezrah's plan of creating predictability gives balance and helps to lessen postpartum-related issues, thus ensuring a happy and healthy mother and baby."

--Jill Hechtman, MD, FACOG

"Shari Mezrah helped our family survive the chaos of many sleepless nights with newborn twins. Enjoy the guaranteed benefits of taking control and living and feeling a balanced life with her plan."

--Angela Glazer, PhD, licensed psychologist, founder and creator of wholesoul.com, and Joel Glazer, owner, Tampa Bay Buccaneers

"This program is NOT just about sleep. It's about getting your life back and taking control. Other than the fact that your child WILL sleep after this program, it allows you to be able to foreshadow and plan ahead. We can honestly say to any expectant parent or anyone out there having sleep difficulties, this is the plan for you. The program is foolproof and Shari is an angel."

--Beth Eigarsh and Mark Eigarsh, featured legal analyst on HLN and Fox News Channel's The O'Reilly Factor

"As a working professional and a mom, I found The Baby Sleeps Tonight Plan to be a lifesaver! My schedule is so busy that I really don't know how I would have survived without it. Shari's positive and uplifting approach was so helpful. I truly believe that every new parent will benefit from using this plan."

--Julie Carruthers, executive producer of All My Children

"My husband and I were at our wits' end with exhaustion! The Baby Sleeps Tonight Plan gave us a schedule to follow. By the time our daughter was nine weeks old, she was sleeping eight hours. This plan turned our lives around and we were rested and enjoying our newborn. No doubt, it helped us enjoy and make the most out of a time period where most parents are begging for more sleep!"

--Virginia Jones, PsyD

"The Baby Sleeps Tonight Plan has truly saved us. Our son adapted to the schedule immediately and sticks to it to this day. All the books regarding baby sleep and schedules were so confusing. This plan made sense and gave us so much guidance. It also gave me (a new mommy) confidence. The Baby Sleeps Tonight Plan was the answer to our 'sleep-through-the-night' prayers!"

--Ali Garrity

"As a pediatrician, over the years I have referred desperate parents to Shari for help. The results spoke for themselves: happier families that are functioning because of restful sleep. I recommend highly to all new parents!"

--Patrick C. Yee, MD --Inside flap, The Baby Sleeps Tonight

Users Review

From reader reviews:

Richard Martinez:

Throughout other case, little persons like to read book The Baby Sleeps Tonight: Your Infant Sleeping Through the Night by 9 Weeks (Yes, Really!). You can choose the best book if you like reading a book. Provided that we know about how is important any book The Baby Sleeps Tonight: Your Infant Sleeping Through the Night by 9 Weeks (Yes, Really!). You can add know-how and of course you can around the world with a book. Absolutely right, mainly because from book you can recognize everything! From your country right up until foreign or abroad you will end up known. About simple thing until wonderful thing you are able to know that. In this era, you can open a book or searching by internet gadget. It is called e-book. You need to use it when you feel fed up to go to the library. Let's read.

Clifford Jones:

The book The Baby Sleeps Tonight: Your Infant Sleeping Through the Night by 9 Weeks (Yes, Really!) gives you the sense of being enjoy for your spare time. You need to use to make your capable a lot more increase. Book can to become your best friend when you getting anxiety or having big problem using your subject. If you can make studying a book The Baby Sleeps Tonight: Your Infant Sleeping Through the Night by 9 Weeks (Yes, Really!) for being your habit, you can get more advantages, like add your current capable, increase your knowledge about a number of or all subjects. It is possible to know everything if you like open up and read a publication The Baby Sleeps Tonight: Your Infant Sleeping Through the Night by 9 Weeks (Yes, Really!). Kinds of book are several. It means that, science guide or encyclopedia or some others. So , how do you think about this e-book?

William Sanders:

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Kimberly Dyer:

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