

## Sleep... in 30 Seconds!

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Tense? Suffering incurable insomnia that a mound of Melatonin can't cure? I used to sure your pain, you see, I'm an obsessive compulsive. Thoughts ricochet my head even even past midnight. That racket prevents me from sleeping.

But I found the solution!

Let's vanquish that Red-Eyed demon with an unstoppable 4-step approach that guarantees you sleep- in 30 seconds.

First, RELAX YOUR BODY. Lie flat on your back. Don't curl. Imagine you're floating on water. Allow the heaviness and undulation to wash over you.

Second, RELAX YOUR FACE. Be aware of your forehead. Your jaws. Release the tension in your teeth and lips. Allow them to touch.

Third, RELAX YOUR EYES. Lightly ease your eyes shut and have a sense of peace cascade over your eyelids. Float on a blank, unemotional sense of total detachment. And now the vital part&hellip;.

Third, and most critically- BLANK OUT ALL MENTAL PICTURES. Imagine deep space. It's a voice devoid even of echo. Fill your mind with that void. Wash your mental screen with pure unadulterated blackness.

Et voila! Followed those steps to the letter and you'd be snoring off in 30 seconds- far less time it would have taken you to read this article.

For me, sleep is critical. Sleep refreshes the mind and recharges the body. Without revitalization, you cannot achieve all the you desire to succeed at.

Treat yourself to quality sleep- and your waking hours will be fraught with success and productivity!