



# Solve Your Child's Sleep Problems: A Practical and Comprehensive Guide for Parents

*M.D. Richard Ferber*

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**Solve Your Child's Sleep Problems: A Practical and Comprehensive Guide for Parents** M.D. Richard Ferber

Drawing on six years of research, Richard Ferber shows practical ways of ensuring restful nights for both children and parents. He tells you exactly how to cope with problems such as your child refusing to go to bed, or having trouble falling asleep.

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