



Good Night Sleep Tight: The Sleep Lady's Gentle Guide to Helping Your Child Go to Sleep, Stay Asleep, and Wake Up Happy

Kim West, Joanne Kenen

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Kim West has worked one-on-one with thousands of people in more than ten years of private practice. Her amazing success with getting kids to sleep has led her clients to dub her The Sleep Lady. *Good Night, Sleep Tight* outlines Kim's proven two-week technique in easy-to-follow language, featuring case studies that give readers real-life examples of the sleep roadblocks children often encounter-and the tools to overcome them. Kim has appeared on "Dr. Phil," the "Today" show, "NBC Nightly News," CNN and "Good Morning America."

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