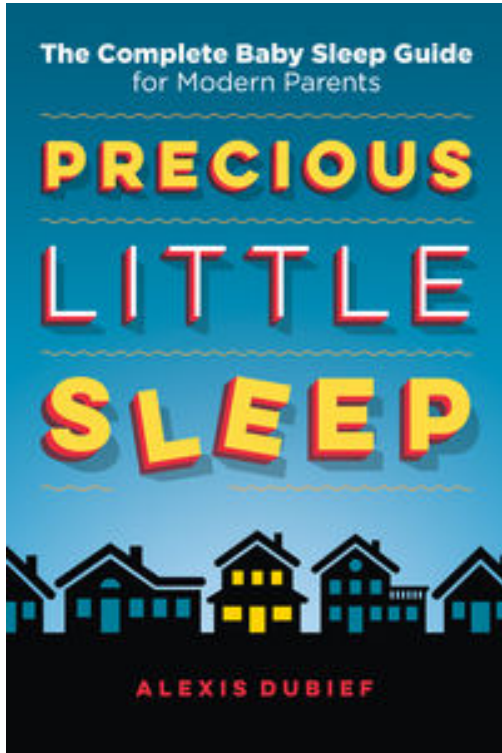


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Parenting a baby or toddler is the grandest adventure of all when you're not miserably exhausted. Sleep expert Alexis Dubief, of the wildly popular website Precious Little Sleep, imparts effective, accessible, and flexible strategies based on years of research that will dramatically improve your child's sleep.

This book will help you tackle the thorniest sleep snags, including:

Navigating the tricky newborn phase like a pro
Achieving the dream of helping your child sleep through the night
Weaning off the all night buffet
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