

Bedtime Stories For Grown Ups

Do you struggle trying to fall asleep at night? Do you want to leave the outside world to which you belong by blocking all those bad and stressful thoughts that always flood your mind and wrecks your sleep? Adult life is stressful! Full of responsibilities and commitments that often overwhelm our mind. If you want to improve the quality of your life, waking up in the morning without that unpleasant feeling as if you hadn't slept at all, then I would recommend you keep reading... A good night's sleep is essential to our well-being and health, but sleep is often poor and neglected in our busy lives. Now is the time to stop and find comfort and marvel at other worlds where everything is fine and sleep is just a page or two away. Bedtime stories have been scientifically proven to have a wide range of psychological health benefits that help you enjoy a regenerating sleep and wake up refreshed in the morning. These are stories to soothe tired souls, perfect night time companions for frazzled adults for a good and restoring night's sleep. This heartwarming audiobook has shown to calm and restore an anxious mind, soul and body before bed. The stories are not only written just to make you sleep but for the dreams come to you and drag you to places and moments that we may have forgotten, or we simply think we have forgotten until the magic takes us back. It can be a relaxing experience to listen to tales that evoke these fantasy themes while you make a drift, taking you to the world of dreams. With this audiobook, you will enjoy a collection of 20 bedtime stories written with the intent to provide a mental break from your daily routine and thoughts. You will start dreaming of: A Core Universe in a Forgotten Time A Journey through Space and Time The Friendship between Chloe and Joy Amsterdam and Venice A secret Map And much more... So, take your mind off, curl up and let yourself escape into a new world, a magical, mysterious and tender kingdom that will accompany you to your sweet dreams. If you're ready to calm your mind and release stress and anxiety, if you are ready to keep your worries away from you, leaving your body ready to relax for a good night's sleep, and if this sounds like a way you would like to end your day, then this is the right audiobook for you. Therefore, don't think twice and click on the "BUY NOW WITH 1 CLICK" button to begin your journey today.

Sleeping to some is like a journey through a tunnel, with nightmares scaring them out of it and their hearts racing to an abode back to the world of consciousness and will.

Are you tired to continuously move and turn in your bed without fall asleep for hours? This proven guided meditations and stories are scientifically proven to relax your mind, body, and soul. For ultimate relaxation and peaceful vibes. Use the stories as part of a breathing exercise, as nighttime meditation, or just to help you unwind at the end of a long day. More interesting than white noise. More engaging than nature sounds. Don't wait any longer. Buy now this audiobook and start

tonight!

Have you ever had trouble sleeping well for more than one night? Do you struggle falling asleep, difficulty staying asleep, waking up too early in the morning, or waking up feeling unrefreshed? Sleeplessness, also known as insomnia, is a sleep disorder in which people have trouble sleeping, it is typically followed by daytime irritability, low energy and motivation, sleepiness, fatigue and feeling depressed or unwell. At some point many adults experience insomnia which can last for days, weeks or months. One of the major cause of insomnia is stress and emotional issues. Several studies have suggested that an exposure to too much light from laptop, smartphones and television before going to bed can affect natural melatonin levels and lead to difficulty falling asleep. This book is a wonderful group of stories and poems that will help you calm down, find peace, reduce unwanted intrusive thought. Use bedtime stories to meditate, reduce your stress level, secure a good night rest and feel refreshed when you wake up in the morning. Enjoy!

If you have ever wanted adults short stories for improving your sleep, then keep reading... As we grow up, we lose some of the passion for stories that we had in childhood. We get occupied with the trials of our lives and lose sight of the best things about life - but stories should not only be read by children. Far from it. Adults may continue to enjoy TV dramas and movies, and those are completely valid mediums of entertainment. But there is something unique to stories told through text alone that can't be found in stories enjoyed through film and TV. The stories you are about to read were crafted for the purpose of sleep hypnosis, alleviating anxiety, and helping us grown-ups stay mindful in this distraction-filled world we inhabit. In sleep hypnosis, the goal is for your stream of thoughts to be replaced by a new stream of information. In the case of this book, that new stream of information is the stories. When you either listen to or read the stories, whatever you were thinking about before is replaced by your brain's visualization of the stories. This book covers the following topics: Mindfulness and sleep The importance of sleep Tricks for better sleep 7-amazing stories perfect for a good night sleep ...And much more! Sleep hypnosis is something that can be done even without an outside source of stimulus like a book of stories. In the beginning, however, those stories are helpful in getting your mind in the right state for sleep. After you enjoy these stories for a while, you will be ready to retrain your mind to get immersed in less stressful thoughts like the ones in the stories. But we will go deeper into that topic in our chapter before the stories, where we get into the practical techniques you can employ to feel less stress, get to bed earlier, and stay mindful. It is a giant topic on its own, which is why it gets its own section. You might be but out of practice of reading stories, or maybe you're a story-reading veteran. Whatever the case may be, these stories were written to help your mind feel at ease so you can go to bed at a decent hour every night. Stories help to accomplish this because they allow us to let go of our personal struggles and think about someone else. Think about it: when you are in bed not able to fall asleep, it's never because we lose

focus on sleep. It's the exact opposite. When it's time to fall asleep, focus is the opposite of what we need. Once you see things from this point of view, it makes sense to see bedtime stories as the best tool for adults to fight insomnia. Not being able to fall asleep is one of the worst things that can happen to you, especially when it's the thing you want to do more than anything else. Your best method for tackling this problem is reading the stories in this guide. They will have you dreaming fast, often before you can even finish them. But that is OK because you can come back to them later, giving them even more use for the next time you're tired but can't fall asleep. Ready to get started? Click "Buy Now"! Sleeping well is important and these bedtime stories will help you fall asleep gently by relieving the stress and tension built up during the day. Nowadays we live hectic and worried days and when we go to bed to sleep we should find ways to relax and prepare to rest in a healthy way, relaxing the mind and removing bad thoughts. This collection of adult bedtime stories does just that. Relax your mind and body to fall asleep in the best way and be ready in the morning to face a new day full of new energies. So relax, take your time and read to these wonderful goodnight stories when you go to bed. Upon awakening you will feel happy and satisfied.

Do you have trouble relaxing? Do you have trouble getting yourself to sleep once you lay down for bed? Are there things that plague and attack your mind as you are telling yourself it is time for rest, unable to stop your racing thoughts and end the vicious cycle of stressors carried over from the day? Do you suffer from racing thoughts, taking over your mind beyond your ability to control? Here is a book that might help you a great deal, by providing fifteen short and hypnotizing bedtime stories for adults, stories that will make even the most stressed out individual relax and journey into a realm of pleasant dreams! This book is a collection of short stories, each centered around some miraculous transcendence of physical being into a realm of pure imagination, as the realm of dreams, to expand our soul and relax our mind and our bodies so that we can peacefully transition into a trance state, and from that trance state into a serene and peaceful and rejuvenating sleep. Accompanied by mindfulness exercises including deep breathing and inductive trance to perform after you have laid in bed and before the story, these stories each will provide their own unique mindscape for the reader that will actively push out thoughts and negativity and allow for a more tranquil, relaxed mind and body, eschewing the physical world into the world of the spirit, the world of dreams, calling you forth with a hypnotic coo that could relax and inspire tranquility in even the most jaded of persons. In this book you will find: 15 short stories designed to lull the reader or listener into a deeper state of conscious, so as to prepare for a more relaxed and easily enterable sleep state that will more positively rejuvenate the sleeping mind and body. Ethereal landscapes that awaken the imagination and spark the flame of grand and glorious dreams, that will provide the reader or listener with a deeper and more focused form of rest, entering deeper states of the mind, soul, and body and rejuvenating them in a more profound way. A simple exercise

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pattern to partake in each night before reading and listening to any of the stories, so as to better prepare the mind, body, and spirit for a more enhanced mode of sleep and rest and rejuvenation Interesting illustrations that will spark the imagination of the reader and provide branching off points for the readers own mindscape Incredibly relaxing scenes of breathtaking natural and supernatural beauty, from the core of the earth to the farthest reaches of space, and everywhere in between, from the mothers womb back to the soils of the earth, all walks of life are embraced and a huge spectrum of experience is exemplified and provided for any reader or listener, fast and simple A brief introduction explaining the power of story and narrative to drive the sub-conscious mind into a more profound and enlightened state of being, and the power this can have on the conscious mind and body The keys to better rest and a more healthful mind, body, and spirit! So that said...Switch off, snuggle down and allow yourself to escape into new worlds and old; magical, mysterious and tender realms that will accompany you to your own sweet dreams!

My books are a collection of Christian short stories with moral messages; they are designed for husbands to read to wives and vice versa at bedtime and for children to read to parents or relatives who are in nursing homes, hospices, hospitals, and assisted-living centers. Many are based on true stories that occurred in Toccoa, Georgia.

Do you suffer from stress and insomnia? Are you looking for a natural and relaxing way to fall asleep at night? This book is for you. Your Customers Will Never Stop Using This Awesome Book!

Bedtime Stories for Grown-ups Simon & Schuster UK

Wow. Its a tough world out there. Honest to God it just never seems to quit. And what do you do at night? You need a refreshing sleep. Hard to get when you're wound up like a cheap watch. Listen. Your mother knew a thing or two about what's good for you at bedtime. A good story, short, one with some pictures. Well, that's exactly what these nite lites are. Three short bedtime stories. With pictures, but for grown ups, and they are light. No intricate plots, no exhausting back and forths between toe tapping tedium and sphincter clenching anxiety. Plenty of that at work tomorrow. Yes, these nite lite stories are good for you. So you can relax now. Get into your nest. Pull up the covers, and open up your book. Pleasant dreams.

'Baker's Dozen' is the book that you are looking for if you just want a short story at bedtime or a book to take on holiday. The stories are of a mixed genre; some romantic; some humorous; some sensual and even a light-hearted ghost story; if you are a dog lover you will most certainly want to read 'A dog's Tale sic'. there are stories about young people and about two elderly ladies. So there are stories for everyone. Read and enjoy.

Bedtime and I'm tucked in tightly, teeth are clean and all my nightly Stories have been read to me, I'm ready for my goodnight hug. I cuddle close with teddy bear while mother brushes through my hair And as she's leaving she declares,

"Sleep now safe and snug." Children love to hear bedtime stories, invitations to where their imagination might lead them in their sleep. But sometimes even kids can get tired of hearing the same old story over and over again. Adults can get a bit worn out from reading the same story time and time again too. *Wander in the Night* is not just a poem for children, it is a poem for children and their grownups! It tells the tale of a little girl trying to find a comfy place to sleep. Her explorations will take you into every nook and cranny in her house ... and then out to the stars! With poems that are as much fun to read as they are to hear, beautiful illustrations, and a sweet adventure to follow, *Wander in the Night* just might become your new favorite bedtime story, and it might even inspire you to write your own poems and stories too. It's a fun, new, poetic way to end your day!

Are you having trouble relaxing? Are you having trouble falling asleep when you're in bed? Would you like to be cuddled by magical, relaxing short stories, that will help you get the proper sleep you need to fully rest body and mind? This book can definitely help you. You will find 64 different short stories designed to help you reach a peaceful and rejuvenating sleep, ideal to erase weariness and anxiety. Access a deeper state of conscious to unlock your creativity and free your mind from negative thoughts. Let your soul wander into magical, beautiful places. Even if you think nothing can improve your sleep, this collection of short stories can help you achieve great results. Take a small step forward, towards a new you, who is rested, positive, relaxed and ready to enjoy life with a renewed energy. Scroll up and click the buy now button to start today!

English Farsi Bilingual children's book. Perfect for kids studying English or Farsi as their second language. Jimmy, the little bunny, likes to eat candy. He sneaks into the kitchen to find a bag with candies that was hidden inside the cupboard. What happens right after Jimmy climbs up to reach the bag of candy? You will find out when you read this illustrated children's book. Since that day, he starts to develop healthy eating habits and even likes to eat his fruits and vegetables. Are you interested in falling asleep in a relaxed mode? Do you desire to leave the outside world where it belongs by blocking out all those nasty and stressful thoughts that always come flooding your mind immediately you get into bed and disrupting you are well- deserved beauty sleep? This is the book you need to give you all the essential stories to make sure that you are able to meditate before bed, thereby falling asleep peacefully. By learning some of the tips in this book, you will be able to save time and resources when it comes to your deep meditation needs. Rather than spending time with other, more difficult and complicated books that have not conducted any meaningful research on the proper bedtime stories for adults, or having to spend thousands of dollars in engaging the services of a sleep therapist, this book will provide you with the exact content you need to ensure that you are able to meditate and fall asleep as peacefully as a baby. It does not matter whether or not you are a beginner or a meditation guru; these stories are tailored to making sure

that they can help basically anyone to meditate and have an easier time falling asleep. in this book you'll find: The Landlady William and Mary The Way Up to Heaven Edward the Conqueror An African Story In short, this book is going to give you the tools that you need to be able to meditate and make your journey to falling asleep much smoother. Would you like to know more? Scroll to the top of the page and select the BUY NOW button!

Are you among the sixty percent of adults who have difficulty with falling asleep and with staying asleep? Then keep reading! Getting too little sleep is something that can cause numerous problems throughout your life, in many different areas. Few things have a worse effect on your daily routine than getting terrible sleep, especially when it happens on a consistent basis. What you need, in situations like these, is a routine that will help you disrupt a pattern of bad sleep and bring you the peace you need in order to achieve good, restful sleep. Most people who have difficulty sleeping, are underestimating how much of an effect your mental state can really have on your ability to fall asleep and stay asleep throughout the night. So, what does this tell us? This indicates that routines for mental betterment, mental clarity, and peace are among the greatest assets one can have in getting better, more restful sleep. This book offers: Unique short stories that will help entertain your mind without adding the pressures of everyday life into your sleep cycle Stories for every taste, so no matter what you're in the mood for, there's something for you Stories to help you to establish a routine for restful, recuperative sleep Tales that can help you eliminate stress at the most critical part of your day Entertaining short stories to help you fall asleep without the weight of the world on your mind So much more! You may have read other books of short stories, but the contents of this book are specifically designed to put you at the advantage when it comes to getting a good night's sleep, regularly. Follow the most effective routine for great sleep and experience true restfulness. Never suffer from sleeplessness or more extreme complications of exhaustion ever again with these stories. Don't wait any longer; scroll up and buy your copy today and start having the best sleep of your life!

Bedtime Stories for Grown-ups is a collection of 20 bedtime stories for adults from the 'Dan Jones Hypnosis' YouTube channel. The bedtime stories have been created in a way that encourages sleep and promotes wellbeing, helping with stress, anxiety and worry, three of the main areas behind many sleep problems, so, these bedtime stories are ideal for stressed out adults or those who find they worry or overthink when they should be falling asleep. These sleep stories for adults can be read by the person who wants to fall asleep, or read to someone to help them fall asleep, or audio recorded for personal use to help you fall asleep. Each bedtime story is a transcript of a 20-35 minute long hypnotic healing bedtime story. For most of human history storytelling helped people to share knowledge and wisdom while inspiring change and creativity. Storytelling is one of the oldest forms of verbal hypnosis. Stories stimulate and access the dreaming brain allowing people to update their neurology with new learning to change thinking, behaviours and

responses to life events. Somewhere along the way storytelling became associated with children, it was seen as odd if you were an adult who said you liked listening to stories. This has now started to change, adults listening to stories and reading bedtime stories is on the rise. Dan Jones has over 20 years experience using storytelling as a form of therapy and to help people sleep, he also has a successful YouTube channel 'Dan Jones Hypnosis' with over 100 hypnotic healing bedtime stories for adults and over 20 sleep stories for children.

Are you too stressed out? Are you struggling to have a good night's sleep? Adult life is stressful. Adults juggle responsibilities, relationships, debts, balance checkbooks like walking on a tightrope, and have to put dinner on the table every night! Parents have even more stress providing for their children. What is a stressed-out adult to do? The first thing is to get a good night's sleep, something often so elusive it is like chasing a dream! But in these stories, the dreams come to us, and sweep us away to places and times we may have forgotten, or only think we have forgotten until the magic takes hold of us again. Join Jenny and her daughter as they explore the Dreamtime adventures of Jaina, a young woman whose restful nighttime scenes transform from summer to winter, sea to sky, the night today. Jaina meets the many denizens of the dreaming world and joins them as her tales blend fantasy with reality, painting vivid pictures to help you drift away into the sweet embrace of sleep. Bedtime Stories for Stressed-Out Adults eases the stress of the day by returning to the most basic and calming elements that relaxed and reinvigorated us growing up. These stories explore the wonder of the sleeping world as told through the dreams of foxes, trees, dolphins, even the land and stars themselves. Each scene weaves together mythic surreality with the perceptions of an adult struggling with the stress of everyday life. The music of the dream itself underlies the grand symphony that collects each tale, each poem, into a harmonious escape. In this place, no danger, no stressor, no burden nor blemish can mar the sheer beauty of a world unchanged since we first began to dream. Come, join the adventures, and remember what inspired you, moved you, and gave you that sense of perfect nighttime peace. It is too easy to become wrapped up in the stressful adult life and forget about the purer things that once gave a sheer joy to the possibility of tomorrow. Bedtime Stories for Stressed-Out Adults helps you to remember the good things and view them through a lens where dreams were not relegated merely to sleep. They were adventures into other worlds, promises of what would be and what could be. These stories and poems will reignite your imagination and restore that missing sense of relaxation to help you sleep. Come and dream with Jaina and the amazing world she sees once she closes her eyes. In this book, you will find: A look into the fantastical world of dreams, where animals, plants, and even the earth and stars above experience dreams Memories that blend family holiday traditions with seasonal changes that touch upon the journeys that lead us to adulthood Parallels to the lives we know drawn to the things we remember, helping to remind us of what life is truly like when we don't stress over everything A variety of

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stories and poems that capture the essence of the best things in life, to be heard alone before bedtime or with a loved one Would You like to explore the Dreamtime adventures of Jaina and ease the stress of the day?

Do you have a tough time falling asleep at night? Do the cares and worries of your life make it more challenging for you to find peace of mind? Are you struggling to feel grounded, centered, and connected to your deeper truth? If you want to practice helping yourself find tranquility, peace, relaxation, and relief so that you can live a stress-free life, then this selection of Bedtime Stories is just for you! Bedtime Stories for Adults is the perfect resource to help you gain the level of relaxation you need to achieve a peaceful night's sleep and heal yourself through your unconscious mind. In our modern age of technology, it can feel overwhelming to keep up the pace. Perhaps you are always busy juggling the work-life balance or dealing with stressful or challenging situations at home or on the job. You may have a lot going on in your life that makes it hard for you to get the rest you need because you just can't shut off the noise, even when you lie down to go to sleep at night. If this is something you are struggling with, then Bedtime Stories for Adults is what you are looking for. In the same way, being read a bedtime story before a child goes to sleep at night, listening to these guided meditations has the same soothing and comforting impact and result, helping you resolve the drama and energy of the day so that you can wander deep into your most pleasant dreams. You will find some of the following qualities in this series: Meditations for letting go of and releasing tension Step-by-step guidance for visualizing your deep, inner world Breathing techniques to help you align your mind, body, and spirit Thoughtful storytelling to help you clearly picture the realms of the unconscious Meditation for finding your animal spirit guide Meditation to leave the planet and see the bigger picture Deep relaxation through specific guidance and creative visualization work Descriptive visualizations to transport you to the farthest dimensions of rest and relaxation Creative mindfulness exercise to deliver you into a better night's sleep And more! You may be thinking that you have tried everything to help you relax, and nothing works. You may be overwhelmed to the point of exhaustion and will try anything. No matter where you are right now on your journey of self-healing, growth, and peacefulness, this series of meditations and bedtime stories for adults will give you the results you are looking for to find total relaxation and inner healing. So, what are you waiting for? Your journey toward wholeness is here, now, and all you have to do is begin with this series. Bedtime Stories for Adults will send you right off to Dreamland, will hold your hand as you breathe through tension relief in your mind and body, and will give you all the soothing comfort you need to feel fully relaxed. So, come along for the ride and prepare to find your peace of mind! Scroll Up and Click the "Buy Now" Button!

Are you tired to continuously move and turn in your bed without fall asleep for hours? This proven guided meditations and stories are scientifically proven to relax your mind, body, and soul. For ultimate relaxation and peaceful vibes. Use the

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stories as part of a breathing exercise, as nighttime meditation, or just to help you unwind at the end of a long day. More interesting than white noise. More engaging than nature sounds. Don't wait any longer. Buy now this book and start tonight!

A rich and comforting anthology of more than 70 short stories, poems, fairytales, and bedtime classics—from William Shakespeare to B.J. Novak and from Charles Dickens to Neil Gaiman—for grown-ups who want to unwind, unplug, and slip into soothing stories that will send them off to slumberland. There are few more precious routines than that of the bedtime story. So why do we discard this treasured ritual as grown-ups and risk sacrificing our good health and well-being? In this groundbreaking anthology, Ben Holden, editor of the bestselling *Poems That Make Grown Men Cry*, challenges how we think about life—one-third of which is spent asleep. He deftly explores not only the science of sleep but also why we endlessly tell stories—even to ourselves, as we dream. Holden combines his own illuminating storytelling with a treasure trove of timeless classics and contemporary gems. Poems and short stories, fairy tales and fables, reveries and nocturnes—from Robert Frost to Haruki Murakami, Jimmy Carter to Roald Dahl, Margaret Atwood to Nora Ephron, Vladimir Nabokov to Walt Whitman—are all woven together to replicate the journey of a single night's sleep. So close your laptop and put away your mobile phone. Curl up and crash out with the ultimate bedside book, one you'll return to again and again, or give as a gift to a friend or loved one. Filled with moonlight and magic, laughter and tears, *Bedtime Stories for Grown-ups* joyfully provides the ultimate way to end the day—and begin the night...

55% OFF for BookStores! Discounted Retail Price NOW! Are you tired but turn over and over in your bed without fall asleep for hours? This collection of bedtime stories is proven to relax your mind, your body, and your soul for ultimate relaxation and peaceful vibes. Take advantage now of the best bedtime stories for adults! This Bundle includes: - *Bedtime Stories for Adults*; - *Bedtime Stories for Stressed Out Adults*. Collection of *Bedtime Stories for Adults* eases the stress and restore that missing sense of relaxation to help you sleep. Don't wait any longer. Buy now bedtime stories for adults and start tonight! Buy Now!

???? 55% OFF for Bookstores!! Do not miss this great opportunity! ??? Bedtime: We all want it more than anything. Your Customers Never Stop to Use this Awesome Book! Bedtime: We all want it more than anything. As adults, we find that we miss sleep greatly-we vie for those days in which we had time to sleep, but chose not to. How often do you hear other adults laughing off how, in kindergarten, they did everything in their power to avoid going to sleep, but now that they were adults, all they wanted was that 20 minute nap? Sleep is essential to people-we need it to stay healthy and to allow our bodies to heal and function. We need it to allow our minds to work and to stay healthy, physically and mentally. We need sleep, and yet, despite that, when it comes to making sacrifices throughout the day, the most common one that people

make is to their sleep. This book covers: - Fun, Whimsical Ideas and Imagery of Different Relaxing Scenarios - Relaxing Storylines Attributed to Your Happy Memories - Stories That Foster Mindfulness and Relaxation And Much More... This book is here to guide you through everything that you need in order to fall asleep soundly at night. It will help you develop the ability and the mindset to release that tension and begin to unwind, and it does through, firstly through instruction on the habits that you need to know, but more importantly, through the use of bedtime stories. Buy it NOW and let your customers get addicted to this amazing book

Introduced by Lucy Mangan * * * Tales to soothe tired souls. A night time companion for frazzled adults, including calming stories and poems for a good night's sleep. * * * This cheering book of best loved short tales, extracts and poems will calm and restore an anxious mind before sleep. A good night's sleep is essential for our well being and our health, but in our busy lives sleep is often poor and overlooked. Now is the time to stop a while and find consolation and wonder in other worlds where all is well and sleep just a page or two away. From classic stories by Oscar Wilde, Guy de Maupassant and Katherine Mansfield, to friendly the tales of our childhoods, to poetry that reminds us of the simple joys of life, this lovingly curated book will soothe a tired mind and gently carry you to the peaceful land of sleep. So switch off, snuggle down and allow yourself to escape into new worlds and old; magical, mysterious and tender realms that will accompany you to your own sweet dreams.

Eighteen Plus: Bedtime Stories. For Grown-Ups is a raunchy collection of short stories that will make you roll on the floor with laughter. Filled with vivid descriptions of fantasies becoming true and hilarious situations, the book is light and entertaining, apt for your nightstand. Read about a programmer who is about to see his dreams come true when an exceptionally beautiful woman sits next to him on a flight, in Eighteen Plus: Bedtime Stories. For Grown-Ups. One of the other stories tells us about a kitty party, where Menu Verma shows the attendees a PowerPoint presentation about going down to reach the top. Find out how the mice play when the cat is away in Malti and Manoj's story, or how a sexologist couple gets kidnapped but nobody wants their ransom in the story, The Sexologist Reveals. If you're looking for pure entertainment and naughty tales, this is the book for you. Eighteen Plus was published in 2013 and is available in paperback.

Sleepily Ever After: Bedtime Stories for Grown Ups is a gorgeous little anthology of upbeat, touching, funny and inspiring stories that will help you relax and drift off to sleep. Part of the Macmillan Collector's Library; a series of stunning, clothbound, pocket-sized classics with foiled edges and ribbon markers. These beautiful books make perfect gifts or a treat for any book lover. This edition is edited and introduced by Zachary Seager. It's hard to relax, to keep still and to stop our brains from whirring. We live in a world where lack of sleep is a common problem for many adults. This collection of stories will help to banish anxiety and to soothe stressed minds as they welcome you into a world of happy endings, gentle humour and good choices. Each classic story from authors including Oscar Wilde, Kate Chopin, Guy de Maupassant and H G Wells, has been carefully chosen for the quality of its writing, for great storytelling and to gently help you into the land of nod.

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The story of how two women made love energetically, without kissing, and with their clothes on. Myth busting what two women could potentially do together, in sharp contrast to the porn image we have been sold. Turning the lights not only to men and straight people, but even to some lesbians! A truly feminine model for making love has not existed in our culture, until now....
*** Get Your Copies TODAY for \$9.97 instead of \$21.97! 55% OFF - Limited Offer! *** As we grow up, we get occupied with the trials of our lives and lose sight of the best things about life - but stories should not only be read by children. Far from it. The stories you are about to read were crafted for sleep hypnosis, alleviating anxiety, and helping us grown-ups stay mindful in this distraction-filled world we inhabit. Think about it: when you are in bed not able to fall asleep, it's never because you lose focus on sleep. It's the exact opposite. When it's time to fall asleep, focus is the opposite of what we need. This listening to this book, you will learn: - What is Mindfulness and how to use it for a relaxing sleep - Why ignoring sleep disorders can be very harmful for your health - Tips and Tricks for a better sleep - How to practice Self-Hypnosis Through 7 Soothing Stories to Fall Asleep fast ...And much more! The stories in this guide will have you dreaming fast, often before you can even finish them. But that is OK because you can come back to them later, giving them even more use for the next time you're tired but can't fall asleep. Ready to get started? ** Take advantage of this deal and let your customers fall in LOVE with this book! **

As we grow up, we lose some of the passion for stories that we had in childhood. We get occupied with the trials of our lives and lose sight of the best things about life -- but stories should not only be read by children. Far from it. Adults may continue to enjoy TV dramas and movies, and those are completely valid mediums of entertainment. But there is something unique to stories told through text alone that can't be found in stories enjoyed through film and TV. The stories you are about to read were crafted for the purpose of sleep hypnosis, alleviating anxiety, and helping us grown-ups stay mindful in this distraction-filled world we inhabit. Sleep hypnosis is different from what you might expect it to be. The procedure can be done completely alone while you are in bed, in the perfect position to fall asleep. You know how to fall asleep by yourself already; sleep hypnosis just helps you remember how you do it. In sleep hypnosis, the goal is for your stream of thoughts to be replaced by a new stream of information. In the case of this book, that new stream of information is the stories. When you either listen to or read the stories, whatever you were thinking about before is replaced by your brain's visualization of the stories.

Cherish this bed-time reading treat as you would a comforting mug of hot chocolate. This little volume offers a variety of themed stories in bite-size chunks. A cluster of characters from the past and the present to empathise with or shake a fist at. A nightly narrative to send you off to sleep with a smile on your face. Susan Pope's anthology of thirteen short stories reflects her considerable writing talent for finding obscure and varied situations and creating stories to entertain and amuse.

Grown-ups need bedtime stories too and this one is all about those personality traits that adults just love to hate. The characters in this story were created by a little girl who was bullied and picked on. She created them and pretended that they were being teased and not her. As the little girl grew up, she saw many of those same traits in the adult world as well. There are bullies and those who try to control everything and everyone. This book is full of situations that are laughable for some and emotionally trying for

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others. It's a bigger-picture story of an awareness into a child's mind and how she survived a childhood full of mean, jealous and controlling people. Illustrations are included because what would be a bedtime story without pictures?

Bedtime Stories For Adults - 20 Stories To Eliminate Stress And Anxiety, Enjoy Quality Rest Every Night With The Help Of Relaxation And Sleep Hypnosis ? 55% OFF for Bookstore! NOW at \$21.95 instead of \$29.95! Finding Trouble In Falling Asleep And Want To Cure Signs Of Insomnia? Then Get Ready To Turn Things Around And Sleep Like A Baby In Less Than 20 Minutes! You might remember the times when you were young and your parents used to read you a bedtime story right when it was time for bed. You tapped into the world of wonderland with a smile on your face as you fell asleep. Unfortunately, now as grown-ups, it's quite unlikely that someone else is going to do that for us - you're left with your thoughts as you make your way to the dream universe. And since as adults people tend to bear the load of so many responsibilities, it might be a really hard job to sleep properly, without waking up, blasted by everything that tomorrow might bring... But why do you have to torture yourself, When You Can Actually Liberate From Endless Nightmares? So What If There's Actually Someone Who Can Tell You A Story...? Because You Just Found the Perfect Book! Going through This Book, you will find: A 20-Day Compilation to eliminate stress and insomnia, to relax, sleep better and smarter every night (and get to rest like a boss) How Guided Meditation can quiet the mind and body while enhancing inner peace (apply these techniques from your first try!) Ways That Relieve Tension and Stress, and free yourself from any difficulties when falling asleep (immediately improve overall calmness) How Applying Hypnosis benefits and eases your entire body, while preparing it for deep and relieving relaxation (so much needed after a tough and exhausting day) And so much more to unshackle from the chains of stress... It's normal to feel skeptical when you hear about hypnosis or meditation, but... Even if you don't believe in such mind-tapping instruments, or haven't tried them out yourself, get ready to experience something completely different. Because you are the one in control of your thoughts and emotions, and it's your job to manage them (and not allow them to manage you). Thankfully, you are not alone on this one - Bring Back The Happy Childhood Memories Of Bedtime Stories Rush Through You And Say No To Overwhelming Anxiety And Stress! Now You Got All Tools That You Need! Ready to Recharge The Batteries...? Buy it NOW and let your customers get addicted to this amazing book!

Bedtime Stories for Grown-ups is a jumble of genres-seven hundred pages of fiction and non-fiction ... some stories included against the author's better judgment. If he had known that one day they'd be published, he might not have been as honest when describing his past. Here is a tome of true stories about the author's criminal and misspent youth, historical accounts of the United States when She was young, and tales of imagination encompassing every conceivable variety-all presented as though the author is sitting next to you at a bar and you're buying the drinks as long as he keeps coming up with captivating stories to hold your interest. Comprised of 216,000 words, you'll have plenty to read for the foreseeable future. This is a book to have on your night table, to sample a story each night before extinguishing the lights and drifting off to a restful sleep. Mr. Joyce sincerely hopes that you will enjoy his stories because, as he has stated, "It took a lot of living to come up with the material for some of them."

Insomnia is a term widely used in common language to express a difficulty, more or less important, to fall asleep. Besides, we speak of insomnia to indicate an insufficient and not restful sleep, marked by repeated nocturnal awakenings. Anxiety, stress, and daily tensions are the main culprits in the origin of insomnia. Insomnia can lead you to spend many nights with blinded eyes. Unfortunately, it is a pathology that must be treated on several fronts, on the one hand paying attention to the psycho-emotional side and on the other by intervening with

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remedies that act on the organism. But there is a simple, natural, and beneficial method that can help those who have insomnia to treat the disease. It is reading, a practice that often you do not have time to implement because of the frenetic rhythms that characterize your days. But just because of the hectic days that daily commitments impose on you, often you cannot even find the time to read. What to do, then? Give up the chance to find a way to spend quiet nights accompanied by a night of deep sleep, finally? Absolutely not! Fall asleep quickly, sleep enough, be energetic and rested, less stress and anxiety worries... Listen to the tracks inside this audible, and you will fall asleep quickly without problems, thanks to a relaxing voice that makes you relax and overcome anxiety to get back to fall asleep in no time, as you were a child. Thanks to this audible, you will: Listen To 55 Relaxing Bedtime Stories for stress relief and good nights of quiet sleep. Learn 7 rules to fall asleep in 15 minutes Find a Guided Meditations to positive thinking, improve your self-esteem, and have a restful deep sleep. Enjoy Your Rest and Energize Your Body during the Night Stop Overthinking, allowing your brain to relax and stop constantly chasing thoughts ... & Lot More! Go back to relax and sleep well is possible, here, now! Order Your Copy Now and Start Having Easy Nights Going To Sleep!

Raw! Romantic! Rough! – this is a collection of folktales from India. Sparrows and swallows, foxes and dogs, farmers and potters, kings and idiots populate these stories and tell you short and sharp stories of their lives. The pages of this book echo their sorrows, angers, gains and losses, and more importantly their laughters and love affairs. These stories showcase life in its naked form highlighting fanning and farting with equal frankness, and become the Bedtime Stories for Grown-ups. Presenting a collection of twenty-five short and very short stories, the book humorously answers some of the important questions like “What did the farmer’s wife do to make her husband active?” “Where did the he sparrow go all night, leaving the she sparrow and the chicks alone in the nest?” “Did the beggar get the chicken stew?” “Who did actually sleep with the potter?” “How did the man shut his loudmouth wife up?” “How did Half Nose become No Nose?” and many more intellectual musings concerning human survival. Written in a simple language, straightforward style, and matter-of-fact tone, these stories are expected to bring many a smile to your face, numerous sniggers, sometimes a couple of tears to your eyes (if you are a soft sort), but whatever they bring or not bring, it is certain that they will give you the pleasure of reading romantic stories at bedtime.

Hannah Farley believes adults need a good night "fairy tale" just like children do. Her magical book Once Upon a Time, Bedtime Stories for Adults will give you just that. While comforting her neighbor when his dog dies, The Lady in White learns she can talk to children and that it isn't time for her to die. In "A Make-Believe Story" Sandra loses her temper with a dangerous driver but comes to see him in a new light. All ends well. Sylvia sees a tiny round mirror in her cereal after she defeats a monster and ignores Jason, the snooty butler. Mom finds a way to help Camilla, her daughter, get along with her lawyer boss, Blair. With the tenderness of sympathetic children the aging kite decides she can fly once more. In "Family Talk" Babs discovers her family's real love for her, jumps out of bed and back onto the stage. In the almost fifty stories Farley's unusual skill with dialogue, the concise, quirky turn of phrase, her affection for her characters whether animal, child, teen, adult or senior, and the dependable can do outcome of their dilemmas will warm your heart and help you sleep. This special book is one you'll return to many times.

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