

HEALTHY

SLEEP

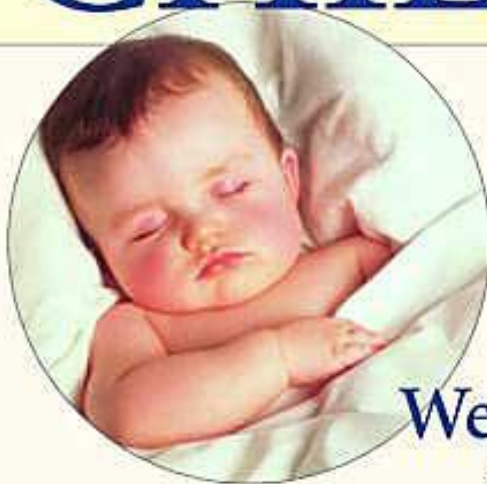
*3rd Edition  
Completely  
Revised and  
Expanded!*

HABITS,

HAPPY

CHILD

*A  
step-by-step  
program for a  
good night's  
sleep*



"I love Dr. Weissbluth's philosophy that the most important thing to have is a well-rested *family*. And fortunately, thanks to this book, most days (and nights) we do!"

—From the foreword by  
CINDY CRAWFORD

**Marc  
Weissbluth, M.D.**

*Author of **Your Fussy Baby***