

Benjamin Lubszynski

Bien dormir ça s'apprend !

2 mois de programme
pour retrouver le sommeil



Par le youtubeur
qui fait dormir
200 000 personnes
par mois.

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Learn to Sleep Well!

2 month program to get back to sleep

Author: Benjamin Lubszynski

Publisher : Éditions du Rocher

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Hypnosis

Self-hypnosis as a method for learning how to sleep again in 2 months.

A guide from the most popular French YouTuber on sleep. Proper sleep is a worldwide problem! A practical method with proven results within 8 weeks. Audio support with over 30 self-hypnosis sessions.

For English publication, the author will provide an audio file reading of himself in English (complete with charming French accent!).

Sales in France: 8,000 copies