

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.

éditions du  
**ROCHER**

Date : 15/01/2020

Pages : 224

Format cm : 14 x 22

Prix : 17.9

EAN : 9782268103075

## Learn to Sleep Well!

2 month program to get back to sleep

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Author: Benjamin Lubszynski

Publisher : Éditions du Rocher

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Hypnosis

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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!).

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Sales in France: 8,000 copies