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REVIEWS: Reversing Insomnia

The Instant Guide To Sleeping Like A Baby Tonight

Author: Rao Konduru, PhD

ASIN # B07L2347F9 ISBN # 9780973112016

Author's website: www.reversinginsomnia.com

When this book was advertised on a free promotion or countdown deal, many readers downloaded and posted the following REVIEWS on Amazon.com. But the Amazon's automatic clean-up program later removed many reviews. Amazon removes millions of reviews every year.

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Customer Reviews on Amazon.com

5 out of 5 stars

Showing 1-10 of 30 reviews

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Ali Ghahary

5.0 out of 5 stars [VERY USEFUL GUIDE](#)

February 14, 2019

[Format: Kindle Edition](#)

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life. He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 3 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,
Dr. Ali Ghahary, MD



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Anna Zoe

4.0 out of 5 stars [Appreciating content](#)

November 6, 2019

[Format: Kindle Edition](#)

I was recommended this book by a sleep specialist. It is helping me a lot. I can't thank the authors enough for the wonderful work they did writing it. They created a clear path to help with sleep issues; easy to follow directions, a bit of tough love and wonderful suggestions that make sense. Each step is explained well.



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Jade

5.0 out of 5 stars **What a Wonderful Insomnia Cure!**

Reviewed in the United States on February 4, 2021

Verified Purchase

This wonderful book describes in Chapter 5 where exactly our planet Earth is located in our Universe, and how exactly our planet Earth creates the daytime and nighttime unstoppably every day by rotating on its own axis and by revolving around our Sun. Our ancestors used to work hard during the daytime under the bright Sunlight, and rest and sleep during the nighttime under the moonlight or in the dark. Our ancestors never experienced or suffered from chronic insomnia like we do. Our modern living after the discovery and distribution of electricity destroyed this natural phenomenon, inducing us a sleep disorder "what is known as insomnia." When this insomnia intensifies over time, many people struggle with "chronic insomnia" and desperately strive for prescription sleeping pills, become addicted to them, and further ruin their health.

The author of this book "Reversing Insomnia" discovered a natural cure to reverse chronic insomnia from its root causes. When he lived under the Sunlight or bright lights during the daytime, and under pitch-black darkness during the nighttime for 3 consecutive days, his Master Biological Clock located in the brain was reset, and as a result he reversed his chronic insomnia after suffering from it for over 3 years. He divided the 24-hour Master Biological Clock into two parts, one for the daytime and the other for the nighttime, and developed 24 easy-to-follow and effortless instructions for the insomniacs telling what to do exactly as the day begins and progresses, and as the night begins and progresses.

By simply following these 24 instructions naturally and effortlessly, without ever using any kind of prescription sleeping pills, OTC products, sleep remedies or sleep aids, it is possible to naturally reset his/her Master Biological Clock within a few days, reverse chronic insomnia, and sleep like a baby thereafter. I am flattered to find that this natural method is highly effective, and so I recommend it to everybody.

Helpful

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Top Review s

Top Reviews



Anamaría Aguirre Chourio

5.0 out of 5 stars No-Nonsense Insomnia Treatment!

Reviewed in the United States on March 9, 2020

Verified Purchase

After reading the very impressive books "(i) Drinking Water Guide, (ii) Permanent Diabetes Control, (iii) The Secret to Controlling Type 2 Diabetes" authored by Dr. RK, I decided to purchase and read his "Reversing Insomnia" book as well.

PERFECTLY NATURAL SELF-TREATMENT: This book's message is that we should live under sunlight or bright lights during the day, and in the dark during the night at least for a few days to reverse insomnia. In addition, by controlling the number of cups of coffee consumption, we can control the chronic sleeplessness. I must minimize the number of cups of coffee I consume daily or the amount of caffeine consumption per day by trial and error. Whatever amount of coffee I decided to consume must be consumed before noon (No coffee consumption in the afternoon).

Living in the pitch-black darkness during the night after 7 pm is of utmost importance during the insomnia treatment until the chronic insomnia is completely reversed and until you are free. Going out and exposing to street bright lights is prohibited so stay home all the night when on this insomnia treatment. There are many other instructions to be followed (there are 24 instructions all together) rigorously to reset the Master Biological Clock located in the brain in order to achieve successful results.

REVERSING INSOMNIA book contains a natural insomnia self-treatment method, which is very practical and it works. All naturopathic doctors will be elated to read this book, and to know about this perfectly natural and no-nonsense self-treatment. This method should be adopted by all insomniacs. This method worked for me, as I easily reversed my sleeplessness in a few days without spending a dime. I am sure it will work for anybody as long as the person follows all 24 Do-It-Yourself instructions at least for a few days.

Helpful

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Steve_M

5.0 out of 5 stars A Must-Read Book for All Insomniacs!

Reviewed in the United States on June 15, 2021

Verified Purchase

It is the safest way to cure chronic insomnia from its root causes. The author of this book has done an impressive research and, all the spadework, and leaves the rest of us to reap the benefits. All you need do is read and follow the simple do-it-yourself instructions.

This book explains how the master biological clock embedded in the brain works, and the author came up with an effortless and natural method to permanently cure chronic insomnia. He applied and tested his discovery on himself. It took him just 3 days to reverse his chronic insomnia after suffering from it for over 3 years.

After reading the entire book, I practiced it on myself, and it works exactly as it says. I wholeheartedly believe that it is the best cure for the chronic insomnia developed due to sleep disorder. You don't need to go to a sleep specialist who would prescribe you an anxiety pill. This natural method has no side effects, and remember the sleeping pills and anxiety pills are completely waste of money and worthless. You must read this book if you suffer from chronic insomnia.

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Jaily

5.0 out of 5 stars **Helpful Steps to Treat Insomnia**

Reviewed in the United States on November 4, 2020

Verified Purchase

Computers, laptops, iPads, iPhones, tablets, cell phones, many other gadgets, and bright light bulbs at home, workplace, and outdoors, they all attack our eyes with "artificial bright light late at night," tricking our body's master biological clock into living at a perpetual high noon (12 o'clock in the daytime), mimicking the sunlight. The brain therefore enters into a state of confusion, and becomes unable to recognize that it is the night time, and does not secrete the natural melatonin as usually from the pineal gland (which is a fluid-filled space located on the back of the brain), thereby developing insomnia or chronic insomnia. Natural production of melatonin from the pineal gland of your brain is essential to fall asleep and to maintain deep sleep at night, especially late at night.

"Reversing Insomnia: The Instant Guide to Sleeping Like A Baby Tonight" provides us very simple "Do-It-Yourself Instructions" on how to reset the master biological clock and how to reverse chronic insomnia through simple exercises so that the melatonin production from pineal gland becomes normalized. Just follow the 24 simple instructions outlined in this course in the first chapter, and you will be able to reset master biological clock, and reverse chronic insomnia. It is possible to reverse it in 3 days if you try it seriously. Right from the first night, when you start living alone in a pitch-black room, you will start yawning excessively with an instant feeling of sleeping. That means you are on your way to reversing chronic insomnia.

Reversing Insomnia book has taught me so many wonderful things and deeds to naturally treat and reverse my chronic insomnia, and so I adore this book!

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Deanna Maio

5.0 out of 5 stars **Awesome Insomnia Course That Is Fully Natural!**

Reviewed in the United States on August 30, 2020

Verified Purchase

This insomnia course made perfect sense to me as I was able to reverse my chronic insomnia in a few days by reading through chapter 1.

Common sense tells us that we must perfectly be awake during the day, and perfectly be asleep during the night. That was the reason why our planet Earth by rotating on its own axis every day (24 hours) and by revolving around the Sun in 365 days (1 year) creates day and night (12 hours for the day and 12 hours for the night).

During the day we are supposed to be perfectly awake and work hard under the sunlight, and during the night we are supposed to rest and sleep under the moonlight in the dark. The Master Biological Clock located in our brains is designed in such a way that it works perfectly well when we live under the Sun or bright lights during the day, and rest and sleep during the night by staying in the dark.

But the modern technology created electricity and everything changed. People started abusing the technological advancements by spending a lot of time sitting under artificial bright light. This kind of activity tricks your body's biological clock into living a perpetual noon, mimicking the bright sunlight. Therefore the pineal gland located in your brain fails to secrete natural melatonin. As a result, a person develops circadian rhythm disorder. This is the reason why some people fall asleep during the day and stay awake in the night, and feel the symptoms of underlying sleep disorder called "Chronic Insomnia".

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Donald Vosag

5.0 out of 5 stars [The Instant Guide To Sleeping Like A Baby Tonight](#)

Reviewed in the United States on November 9, 2019

I started practicing the sleep restriction method and it is slowly starting to improve my sleep efficiency. Looking forward to working through the remainder of the workbook.

Helpful

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One person found this helpful

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Apu mittra

5.0 out of 5 stars [Reversing Insomnia](#)

Reviewed in the United States on November 9, 2019

As with any self help book, you must read it from cover to cover and impliment daily in order to get the assistance needed.

Helpful

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Sheila Jones-Bell

5.0 out of 5 stars [Good](#)

Reviewed in the United States on November 10, 2019

He's happy an easy temperament and gaining weight appropriately For every month and having the property soloed diapers and oz a day. I totally recommend this book.. Easy reading worked like a charm!!!

Helpful

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Ali Ghahary

5.0 out of 5 stars **VERY USEFUL GUIDE**

Reviewed in the United States on February 14, 2019

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life. He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 3 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,
Dr. Ali Ghahary, MD

Helpful

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Top International Reviews

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Daniele D'Alessio

5.0 out of 5 stars **INSOMNIA TREATMENT IS EXPLAINED IN ONE PAGE!**

Reviewed in the United Kingdom on August 24, 2020

Verified Purchase

CHRONIC INSOMNIA NATURAL TREATMENT IS SUMMARIZED IN ONE PAGE ONLY (Page 10 of the Book). You don't need to read the whole book to understand how to reverse chronic insomnia. By following these simple instructions provided in one page only, you can easily reverse your insomnia.

I had amazing experience with this book. It is completely a natural method, as we don't need to take any kind sleeping pills or OTC (over-the-counter) sleep remedies or sleep aids. In fact this book warns that we must not use sleep aids or prescription sleeping pills, and should reverse chronic insomnia naturally by understanding how the mater biological clock works, and by learning how to reset the Master Biological Clock. If you can reset the Master Biological Clock, you will be free from insomnia.

A person suffering from chronic insomnia can reset his/her Master Biological Clock in one day, in a few days, in a week, or in a month depending on how chronic the developed insomnia is, and how committed a person is to implement the treatment procedure. Each person is different so each person needs unique period of recovery time to re-programs his/her Master Biological Clock. We need to try it seriously by focusing on the natural method, without breaking any rule, and fully committed. High-self discipline and high willpower are required during this treatment period to achieve successful results (at least during the first week). If you understand all instructions and learn how to implement all instructions in this natural treatment, you will be free of insomnia, and start sleeping like a baby tonight. You should try it out! Please don't live like an insomniac by being addicted to sleeping pills!

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Jack mckeever

5.0 out of 5 stars Middle-of-the-Night Insomnia Cure Outlined!

Reviewed in the United Kingdom on March 2, 2020

Verified Purchase

I was indeed fascinated by this book’s extraordinary contents and teachings on reversing insomnia. We often worry about lying awake in the middle of the night - but it could be good for you, some sleep specialists and researchers say. A growing body of evidence from both science and history suggests that the eight-hour continuous sleep may be unnatural.

Dr. THOMAS WEHR’s RESEARCH ON SEGMENTED SLEEP: In the early 1990s, psychiatrist Dr. Thomas Wehr conducted an experiment in which a group of people were plunged into darkness for 14 hours every day for a month. It took some time for their sleep to regulate but by the fourth week the subjects had settled into a very distinct sleeping pattern. They slept first for four hours, then woke for one or two hours before falling into a second four-hour sleep. Though sleep scientists were impressed by the study, among the general public the idea that we must sleep for eight consecutive hours still persists.

This book suggests that “Segmented Sleep” should not be practiced intentionally. But if your sleep is divided into several segments during the night, stay peacefully in a relaxed mood as if everything was normal without panicking. Chapter 4 is dedicated for this kind of very interesting research-based topic. Living alone in the DARK ROOM (PITCH-BLACK ROOM) during the nighttime, without any kind of light (a battery-powered lamp can be used during walking only), would significantly help improve your sleep and combat chronic insomnia. The spontaneous melatonin production by the pineal gland located in your brain is the key to attaining a good night’s sleep (Do not take artificial melatonin pills).

MY RECOMMENDATION: If you are suffering from middle-of-the night insomnia, refer to the main article of this course and read the Instruction # 24 of Chapter 1 “How to treat Middle-of-the-Night Insomnia,” and follow the treatment method explained there step-by-step.

Helpful

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Top International Reviews

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Healthy Promotions

5.0 out of 5 stars **Natural Self-Treatment to Cure Insomnia!**

Reviewed in India on March 3, 2020

Verified Purchase

The author of this book Rao Konduru, PhD (also called Dr. RK) has published multiple health books, and I was very pleased to read some of them. I was extremely impressed by his books "Permanent Diabetes Control" and "The Secret to Controlling Type 2 Diabetes."

REVERSING INSOMNIA book helped me reverse my chronic insomnia naturally within a week, and now I sleep very well without any difficulty. By following the 24 instructions described in Chapter 1, I was able to reverse my sleeplessness. It works exactly as explained in the book if you follow sincerely and seriously. The master biological clock was reset within a week naturally, and my melatonin secretion from pineal gland normalized, and so I started sleeping well. I found that this book is very helpful, very interesting and very useful! The first Chapter is amazing!

I CITE SOME INTERESTING INFO I FOUND IN THIS BOOK (CHAPTER 7): Research proved that caffeine disrupts sleep so you wake up in the morning tired, dissatisfied with your sleep and tend to take naps in the afternoon. You will be tempted to consume another cup of coffee late in the afternoon as you feel drowsy due to lack of sleep the previous night. This vicious cycle continues like a chain reaction. That means you are addicted to caffeine and not sleeping well.

It was also proved in sleep labs that caffeine reduces REM sleep (Rapid Eye Movement). This means less dreams, less chance for recharging your mind. As a result, you become depressed. Caffeine also reduces or eliminates the deepest sleep possible in alpha and delta stages of sleep. This means less chance for recharging your body, less recovery from physical stress, less benefit from exercise, and less HGH (Human Growth Hormone) release.

This book provides several caffeine alternatives, including Organic Rooibas Red Tea, which is my favorite alternative for coffee drinking habit. This book also shows how to make herbal milk tea or chai using Organic Rooibas Tea and Cardamom, which is my favorite drink in the morning, afternoon and evening. I love this very interesting insomnia book!

Helpful

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Wellness Books

5.0 out of 5 stars **Effortless Sleep Method & Natural Insomnia Cure!**

Reviewed in Canada on March 4, 2020

Verified Purchase

I recommend this "REVERSING INSOMNIA" book to all people suffering from sleeplessness or chronic insomnia.

Dr. RK'S BOOKS ARE ALL MUST-READ HEALTH BOOKS: I have read his intriguing book "Drinking Water Guide". His book "Permanent Diabetes Control" is wonderful. All his health books are extremely impressive, extremely interesting, extremely useful, and directly applicable to current-day health problems that many people face today. I recommend that both medical doctors and naturopathic doctors should read these books, and benefit from the contents. All his books are science-based and practical guides. His extensive scientific research experience is clearly visible in these books.

He teaches everything so nicely step-by-step by dividing the book's contents into many headings, sub-headings and paragraphs so that a layperson can easily understand his teachings. He always convinces the reader with logic by making simple calculations that make sense. All his teachings are science-based with simple mathematics and attractive tables, showing the innovative experiments he conducted at the comfort of his home on his own body, resolving his own complex health issues with natural methods, without ever using traditional prescription drugs being prescribed by doctors. This book is no different.

I have read and enjoyed his three well-written and well-organized books "Reversing Obesity, Reversing Sleep Apnea, and Reversing Insomnia." These books are extremely useful to medical community. All contents are directly applicable to my own health problems I have been facing for years, and extremely useful. I am now using his books and am sure these books will help me controlling my weight gain, my mild sleep apnea and help cure my insomnia (sleeplessness) as well. I offer my hearty congratulations to the author Dr. RK.

Helpful

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rohit joshi

5.0 out of 5 stars **Real Insomnia Cure Is At Your Fingertips!**

Reviewed in India on March 4, 2020

Verified Purchase

I have been living with insomnia for a long time, and those sleeping pills are not at all helping me. My body created resistance to sleeping pills, and they stopped working. I may have to increase the dosage of sleeping pills in order to make them work, but it would be dangerous to do so, as this book suggests.

This effortless sleep method and natural self-treatment explained nicely in the book "Reversing Insomnia" is very easy to practice, and it works like a miracle right from the first day. All I needed was Chapter 1 to reverse my insomnia. I read Chapter 1, I did not even read the whole book, and I started seeing results immediately.

The weather where I live is very hot, and I can easily expose to sunshine during the day as explained in this book, which has helped boost my sleep at night. I have maintained darkness at my home easily by turning off all the lights. I just used my torch light to move within my small house. Voila, everything worked like a miracle as explained in this book when I started living in pitch-black room. I started yawning and was tempted to go to bed early. I slept on my side as this book suggests, and woke up in the morning fully refreshed.

I am so grateful for all those 24 instructions detailed in Chapter 1, and very useful information outlined in the other chapters. Every chapter has interesting information. All that information about caffeine control in Chapter 7 will also be very useful to me. I genuinely recommend this book to whoever suffers from chronic insomnia. This natural method works, just try it out!

Helpful

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You've read the top international reviews

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Chandan

5.0 out of 5 stars **Chronic Insomnia Recovery Guide!**

Reviewed in India on January 25, 2021

Verified Purchase

This book represents the "Chronic Insomnia Recovery Guide!" Reversing Insomnia book teaches how the Mater Biological Clock located in the brain works, and how the melatonin is naturally secreted from the pineal gland located in the brain. If we can reset the Master Biological Clock, the chronic insomnia can be reversed, and we can sleep like a baby afterwards. The author provides 24 easy-to-follow instructions to reset the Master Biological Clock.

DURING THE DAY: We essentially live under the Sunlight or under bright lights.
DURING THE NIGHT: We essentially live in the pitch-black darkness (be very strict!).

All those insomnia clinics must be wasting their time and money to treat chronic insomnia. All they need is this guide. I recommend this fantastic guide to all insomnia clinics, psychiatrists and all naturopathic doctors who should read this book, understand it thoroughly, and should prescribe this natural method to their insomnia patients, and should ask them to practice this natural treatment to become free from insomnia without ever taking any sleeping pills.

However you must read and understand all 24 instructions explained in Chapter 1 of this book, and put those instructions into practice to become free from chronic insomnia. If practiced seriously and sincerely, this natural method would work for anybody.

Helpful

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isha

5.0 out of 5 stars **Easy Natural Method To Reverse Insomnia!**

Reviewed in India on January 25, 2021

Verified Purchase

At first I have read this book for a couple of days. I have read Chapter 1 repeatedly and understood all 24 instructions as the author explained everything in a simple language.

I started living in the pitch-black room (all windows are closed and all curtains are closed without allowing any kind of light into the room). As a matter of fact, my whole house was in the pitch-black darkness as I turned off all the ceiling lights. All I had was a kind of battery-powered torch light to walk back and forth to the kitchen and to the bathroom. When I strictly maintained these conditions of living strictly under darkness, I began yawning, yawning and yawning right from the first night, and the reversal of my chronic insomnia began almost immediately during the first night.

In the following morning, I went out and exposed to the Sun. During the day, I went out numerous times and exposed to the Sun as frequently as possible. This kind of exposure to the Sun during the day would boost my sleep during the night.

Through practicing this natural method exactly as explained in this book, I was able to reverse my chronic insomnia in a few days, and began sleeping like a baby! I am deeply indebted to this wonderful book "Reversing Insomnia: The Instant Guide to Sleep Like A Baby Tonight."

Helpful

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Poonam

5.0 out of 5 stars **Say Good Bye to Those Addictive Sleeping Pills!**

Reviewed in India on January 27, 2021

Verified Purchase

Mark my words: this very easy natural method illustrated in this book in 24 steps works perfectly. I tried it and it worked for me absolutely one hundred percent to my fullest satisfaction, and I am certain that it would work for anybody suffering from chronic insomnia. All a person should do is read this book sincerely and seriously, and follow all instructions carefully, and then live in the darkness without exposing to bright lights during night after 7 pm. This method definitely works. Say good bye to sleeping pills. It costs only a tiny fraction of a sleeping pills prescription to purchase this book.

Visiting those sleep specialists, taking those expensive sleeping pills, or taking that artificial melatonin to promote sleep is unnecessary and naive. All a chronic insomnia patient needs is this book to reverse your chronic insomnia. I fully agree with the subtitle of this book "Instant Guide to Sleeping Like A Baby Tonight." I salute the author for compiling and putting together those 24 very interesting instructions that help relieve chronic insomnia, and for writing this concise book to help insomniacs. Every insomniac must read this book, reverse insomnia in a few days, and start sleeping like a baby thereafter. I wish all insomniacs "All the Best!"

Helpful

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Top International Reviews

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Bilal Khalil

5.0 out of 5 stars Amazingly Simplified Insomnia Cure!

Reviewed in the United Arab Emirates (UAE) www.Amazon.ae

November 7, 2020

I have wasted a lot of time and money by visiting sleep clinics, sleep specialists, and by buying sleeping pills, OTC products and sleep remedies, and nothing helped me as good as this amazing and simple treatment outlined in this book.

I just read page 10 in which chronic insomnia treatment procedure is summarized briefly in one page so that a layperson could easily understand, and follow those instructions rigorously, and results were outstanding. This treatment worked for me, as I am now free from insomnia.

As the book suggests, it is important that you should follow these simple instructions strictly if you want this treatment work for you right away. I did exactly want the procedure instructed me to do in page 10. I also read all 24 instructions of Chapter1. The procedure is very simple and natural. When I followed all instructions of this procedure step-by-step, my Master Biological Clock was reset within a few days, and the melatonin production became normal and usual and switched me to natural sleep mode within a few days.

I now know what to do exactly as the day begins, as the day progresses & as the day ends, as the night begins, as the night progresses & as the night ends. It is very easy to be accustomed to this natural self-treatment. I will live like that for the rest of my life, and I will be sleeping like a body every single night. Thanks to this amazing "Reversing Insomnia" book and to the author!

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REVIEWS: Reversing Insomnia

The Instant Guide To Sleeping Like A Baby Tonight

Author: Rao Konduru, PhD

ASIN # B07L2347F9 ISBN # 9780973112016

Author's website: www.reversinginsomnia.com

When this book was advertised on free promotion or countdown deal, many readers downloaded and posted the following REVIEWS on Amazon.com. But the Amazon's automatic clean-up program later removed some reviews. Amazon removes millions of reviews every year.

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Customer Reviews on Amazon.com

5 out of 5 stars Showing 1-10 of 30 reviews

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Ali Ghahary

5.0 out of 5 stars [VERY USEFUL GUIDE](#)

February 14, 2019

[Format: Kindle Edition](#)

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life. He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 3 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,
Dr. Ali Ghahary, MD



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Anna Zoe

4.0 out of 5 stars [Appreciating content](#)

November 6, 2019

[Format: Kindle Edition](#)

I was recommended this book by a sleep specialist. It is helping me a lot. I can't thank the authors enough for the wonderful work they did writing it. They created a clear path to help with sleep issues; easy to follow directions, a bit of tough love and wonderful suggestions that make sense. Each step is explained well.



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Antonie Brown

5.0 out of 5 stars **Recommended**

November 6, 2019

Format: Kindle Edition

I purchased this book for my female friend who has trouble getting a full nights sleep. She often wakes up in the middle of the night and stays awake for hours. She read a lot of books on the subject. And she thought that this book provided the best information. The book is easy to read.

Helpful

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Sudip sarkar

5.0 out of 5 stars **Great read**

November 9, 2019

Format: Kindle Edition

In this book the first day it was available and am so looking forward to making some of these recipes. After reading and applying The Autoimmune Solution, I was able to get into a continuing remission from Graves disease.

Helpful

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Prince Albert

5.0 out of 5 stars **Good book**

November 7, 2019

Format: Kindle Edition

This is the essential guide to co-sleeping and bed sharing. This book is an incredibly easy read.

One person found this helpful

Helpful

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Wang Inhee

5.0 out of 5 stars Nice!

November 8, 2019

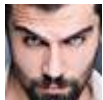
Format: Kindle Edition

I would highly be recommended to read this book, everyone. This book gave me a lot of information. This book is awesome to read and I think this book is the best book of this topic, and I really appreciate this book.

Helpful

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Rizwan Khan

5.0 out of 5 stars Important one

November 8, 2019

Format: Kindle Edition

To understand the body's language (it is time to sleep), and to stay in a quiet and calm darkroom, to relax by suppressing all thoughts of the mind, and to go to bed in an attempt to sleep.

Helpful

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Donald Vosag

5.0 out of 5 stars The Instant Guide To Sleeping Like A Baby Tonight

November 9, 2019

Format: Kindle Edition

I started practicing the sleep restriction method and it is slowly starting to improve my sleep efficiency. Looking forward to working through the remainder of the workbook.

Helpful

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Frankie James

5.0 out of 5 stars Good and informative guide, must have!

November 7, 2019

Format: Kindle Edition

Great information on ways to safely co sleep. This book lays out all studies and data on different types of co sleeping, when and how to safely do it in a number of ways.

Helpful

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Showing 11-20 of 30 reviews



BARBARA FIGUEREDO

5.0 out of 5 stars [Good guide book..☺☺☺](#)

November 10, 2019

Format: Kindle Edition

This is a very good book. Some of the things I already know but there are lots of things that are new to me. I highly recommend this book!

Helpful

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Princess Cristina

5.0 out of 5 stars [helpful book](#)

November 9, 2019

Format: Kindle Edition

This is the essential guide to co-sleeping and bed sharing. It's a great guide to sleeping like a baby tonight. I like this book.

One person found this helpful

Helpful

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Apu mittra

TOP 500 REVIEWER

5.0 out of 5 stars [Reversing Insomnia](#)

November 9, 2019

Format: Kindle Edition

As with any self help book, you must read it from cover to cover and impliment daily in order to get the assistance needed.

Helpful

[Comment](#) [Report abuse](#)

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Brittany Jones

5.0 out of 5 stars [Best one](#)

November 8, 2019

[Format: Kindle Edition](#)

Easy to follow directions, a bit of tough love and wonderful suggestions that make sense. Each step is explained well.

Helpful

[Comment](#) [Report abuse](#)

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David

5.0 out of 5 stars [Wow one](#)

November 8, 2019

[Format: Kindle Edition](#)

She read a lot of books on the subject. And she thought that this book provided the best information. The book is easy to read.

Helpful

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The melatonin production tells your body that it is time to sleep. Melatonin does not induce sleep, but it is up to the individual to understand the body's language (it is time to sleep), and to stay in a quiet and calm darkroom, to relax by suppressing all thoughts of the mind, and to go to bed in an attempt to sleep.

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Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life. He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 3 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,
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This book is written all about success. The master biological clock located in the brain of every human being coordinates all the body clocks so that they are in synch. Each body clock has its own function. The master biological clock is made up of a group of about 20,000 nerve cells in the brain called suprachiasmatic nucleus (SCN) and is located in the hypothalamus, just above the optic nerve, and its major function is to control circadian rhythms. Sunlight, by passing through the retinas of our eyes, enters the hypothalamus and tells the master biological clock the time of the day. The intensity of the sunlight is highly responsible for the production of serotonin that induces the feeling of joy. Moonlight and the intensity of darkness signal the master biological clock, and in turn the pineal gland, that it is nighttime and it is the time to secrete melatonin.

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