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Thousands of parents, from regular moms and dads to Hollywood superstars, have come to baby expert Dr. Harvey Karp to learn his remarkable techniques for soothing babies and increasing sleep. Now his landmark book—fully revised and updated with the latest insights into infant sleep, bedsharing, breastfeeding, swaddling, and SIDS risk—can teach you too! Dr. Karp's highly successful method is based on four revolutionary concepts:

1. **The Fourth Trimester:** Why babies still yearn for a womblike atmosphere . . . even after birth
2. **The Calming Reflex:** An “off switch” all babies are born

with

3. **The 5 S's:** Five easy steps to turn on your baby's amazing calming reflex
4. **The Cuddle Cure:** How to combine the 5 S's to calm even colicky babies

With Dr. Karp's sensible advice, parents and grandparents, nurses and nannies, will be able to transform even the fussiest infant into the happiest baby on the block!

## Praise for *The Happiest Baby on the Block*

“Dr. Karp's book is fascinating and will guide new parents for years to come.”—**Julius Richmond, M.D., Harvard Medical School, former Surgeon General of the United States**

“*The Happiest Baby on the Block* is fun and convincing. I highly recommend it.”—**Elisabeth Bing, co-founder of Lamaze International**

“Will fascinate anyone who wants to know how babies experience the world, and wants to answer their cries lovingly and effectively.”—**The San Diego Union-Tribune**

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