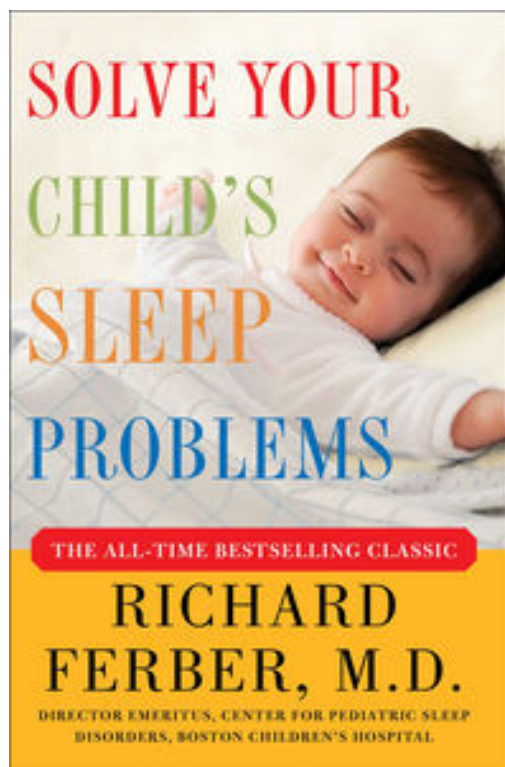


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In the first major revision of his bestselling, groundbreaking classic since it was published twenty years ago, Dr. Richard Ferber, the nation's foremost authority on children's sleep problems, delivers safe, sound ideas for helping your child fall and stay asleep at night and perform well during the day.

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- Effective strategies for naps
- Sleep schedule abnormalities
- A balanced look at co-sleeping
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- Problems in setting limits
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