



# **BEDTIME STORIES FOR ADULTS**

RELAXING SLEEP STORIES TO CALM YOUR MIND  
AND FALL IN A RESTFUL DEEP SLEEP. OVERCOME INSOMNIA,  
OVERTHINKING, AND POWERFUL GUIDED  
MEDITATIONS TO DEFEAT ANXIETY AND DAILY STRESS

**GWENDA K. WOOD**

# Bedtime Stories For Adults

**Ashley Evans**



## **Bedtime Stories For Adults:**

*Bedtime Stories for Adults Who Want to Sleep* Ashley Evans, 2021-03-23 55% OFF for Bookstores NOW at 26 95 instead of 36 95 Fall asleep fast with the help of these relaxing bedtime stories Your Customers Will Never Stop to Use This Awesome Stories Book [Bedtime Stories for Adults](#) Albert Piaget, 2020-11-16 Are you finding it difficult to fall asleep and stay asleep for the required number of hours or do you find yourself waking up at night and having a hard time going back to sleep and find it hard to relax even when you are tired And are you looking for soothing and relaxing bedtime stories for adults that will effectively help your mind stop its incessant worrying and active thinking that makes it hard for you to fall asleep If you ve answered YES keep reading You ve Just Discovered A Collection Of The Most Soothing And Relaxing Adult Bedtime Stories That Will Get You To Sleep Without Feeling Like You Are Trying Too Hard And Getting Anxious About It After a long day being busy whether at work at home school or even traveling nothing feels better than relaxing and getting a good night s rest However due to stress and other issues that arise falling asleep and staying asleep may seem to take forever as we toss and turn in bed checking the clock and getting anxious with every passing minute that we can t fall asleep The only way you can relax and unwind is if you can escape the ordinary and find something good that calms your anxious nerves soothes and relaxes you as you drift off to sleep Nothing beats bedtime stories at that Yes bedtime stories are not just for children adults also need bedtime stories to wind down and take their minds off thoughts of the many things they wish to do or they haven t done By virtue that you are here it is clear you don t need more convincing to start reading bedtime stories for adults but are possibly wondering What sort of stories will help you relax and wind down Will I not get back to worrying after reading or will the stories be so soothing that you will fall asleep while at it How are the stories optimized for getting you to sleep Does the book have a variety of stories that you can choose from and cycle through for several days or even weeks If you have these and other related questions you will love this book Here is what to expect in this book A collection of captivating short stories that will calm you down and make you somewhat disconnect from your worries and thoughts so you can calm down and sleep easily The stories are written with a nice flow such that you ll find yourself lost in them The stories allow you to shift from the real world to a fantasy world where you forget your problems and just relax Each story is well crafted and entertaining such that when you start reading you cannot stop something that will keep off your worries and get you to sleep effortlessly And much more As much as it is hard to forget your problems it is particularly important that you try your best to engulf yourself in these stories They will help you reduce stress fall asleep faster keep off anxiety as well to ensure you get a good night s rest And with the stories in this book you are in for a treat Even if you ve never been the kind of person to use bedtime stories these ones are sure to ensure you fall asleep fast without trying too hard Scroll up and click Buy Now With 1 Click or Buy Now to get started *Bedtime Stories for Adults (4 Books in 1)* Albert Piaget, 2022-01-18 Can t seem to sleep when you want to sleep even when you are tired and sleepy And are you sick and tired of taking too much time

to sleep only for you to be forced to wake up the following day to go to work or school even when you haven't had enough sleep yet and are desperate to put an end to the endless cycle. If you've answered YES keep reading **You Are About To Discover The Best Collection Of Calming And Soothing Bedtime Stories That Will Effectively Help You Fall Asleep Fast Even When You've Been Feeling Anxious When The Thought Of Going To Bed Crosses Your Mind Because You Can't Sleep**. It is indeed true that you can end the constant cycle of spending too much time to fall asleep sleeping when it is almost morning and having to wake up to start your day even when you've just slept owing to your sleeplessness. And you don't have to rely on drugs or other fancy techniques but simply the power of good bedtime stories. Yes just as with kids bedtime stories can easily calm your racing and anxious mind distract you from your incessant thoughts and help you focus in a way that makes falling asleep becomes natural to you. And you are looking at a 4 in 1 collection of books all filled with the best bedtime stories for adults to make sleep time a calming and exciting time for you. Perhaps you are wondering Are the stories unique and written for an adult audience with no childish parts in them Will they literally capture your attention and keep it without stimulating you too much Are the stories written while keeping in mind someone who has a hard time falling asleep and staying asleep to ensure they no longer have to struggle The answer to all these questions is a resounding YES Here is what to expect in this 4 in 1 book A collection of bedtime lullabies which are specially designed for stressed out adults The stories will help you get relaxed and also improve your sleeping habits so that you can revitalize your body and life Meditatively crafted stories that will make you stay focused calm down your thoughts and get you to sleep without struggling A wide variety of stories with different themes to ensure you definitely will find something you like in the book The stories are infused with hypnotic techniques to ensure you effortlessly fall asleep And much more If you've been suffering and tried everything else to relax and get a good night's rest to no avail this book is perfect for you Even if you feel hopeless and helpless about the situation this book will prove extremely helpful in turning things around as far as your ability to sleep is concerned Scroll up and click Buy Now With 1 Click or Buy Now to get started

**Bedtime Stories for Adults** Albert Piaget, 2020-11-16 Are you finding it difficult to fall asleep and stay asleep for the required number of hours or do you find yourself waking up at night and having a hard time going back to sleep and find it hard to relax even when you are tired And are you looking for soothing and relaxing bedtime stories for adults that will effectively help your mind stop its incessant worrying and active thinking that makes it hard for you to fall asleep If you've answered YES keep reading **You've Just Discovered A Collection Of The Most Soothing And Relaxing Adult Bedtime Stories That Will Get You To Sleep Without Feeling Like You Are Trying Too Hard And Getting Anxious About It** After a long day being busy whether at work at home school or even traveling nothing feels better than relaxing and getting a good night's rest However due to stress and other issues that arise falling asleep and staying asleep may seem to take forever as we toss and turn in bed checking the clock and getting anxious with every passing minute that we can't fall asleep The only way you can relax and unwind is if you can

escape the ordinary and find something good that calms your anxious nerves soothes and relaxes you as you drift off to sleep Nothing beats bedtime stories at that Yes bedtime stories are not just for children adults also need bedtime stories to wind down and take their minds off thoughts of the many things they wish to do or they haven't done By virtue that you are here it is clear you don't need more convincing to start reading bedtime stories for adults but are possibly wondering What sort of stories will help you relax and wind down Will I not get back to worrying after reading or will the stories be so soothing that you will fall asleep while at it How are the stories optimized for getting you to sleep Does the book have a variety of stories that you can choose from and cycle through for several days or even weeks If you have these and other related questions you will love this book Here is what to expect in this book A collection of captivating short stories that will calm you down and make you somewhat disconnect from your worries and thoughts so you can calm down and sleep easily The stories are written with a nice flow such that you'll find yourself lost in them The stories allow you to shift from the real world to a fantasy world where you forget your problems and just relax Each story is well crafted and entertaining such that when you start reading you cannot stop something that will keep off your worries and get you to sleep effortlessly And much more As much as it is hard to forget your problems it is particularly important that you try your best to engulf yourself in these stories They will help you reduce stress fall asleep faster keep off anxiety as well to ensure you get a good night's rest And with the stories in this book you are in for a treat Even if you've never been the kind of person to use bedtime stories these ones are sure to ensure you fall asleep fast without trying too hard Scroll up and click Buy Now With 1 Click or Buy Now to get started

*Bedtime Stories for Adults* Erika J Smith, 2020-10-22 If you have troubles falling asleep or you can't relax both your mind and body this bundle of 4 bedtime story books for adults is perfect for you The bundle contains 60 stories designed and written for adults that have troubles falling asleep relaxing and getting in the ideal conditions to rest in the best ways possible Our everyday hectic life leads us to accumulate lots of stress and being able to switch off relax and rest is really hard Not resting properly means not having the necessary strength to start the day with the right foot which is why it is essential to sleep well This series of books will help you in this mission Leave stress outside your body and get your serenity back in order to rest properly and start your days well **Bedtime Stories for Adults** Albert Piaget, 2022-01-18 Are you finding it difficult to fall asleep and stay asleep for the required number of hours or do you find yourself waking up at night and having a hard time going back to sleep and find it hard to relax even when you are tired And are you looking for soothing and relaxing bedtime stories for adults that will effectively help your mind stop its incessant worrying and active thinking that makes it hard for you to fall asleep If you've answered YES keep reading You've Just Discovered A Collection Of The Most Soothing And Relaxing Adult Bedtime Stories That Will Get You To Sleep Without Feeling Like You Are Trying Too Hard And Getting Anxious About It After a long day being busy whether at work at home school or even traveling nothing feels better than relaxing and getting a good night's rest However due to stress and other issues that arise falling asleep and staying

asleep may seem to take forever as we toss and turn in bed checking the clock and getting anxious with every passing minute that we can't fall asleep. The only way you can relax and unwind is if you can escape the ordinary and find something good that calms your anxious nerves, soothes and relaxes you as you drift off to sleep. Nothing beats bedtime stories at that. Yes, bedtime stories are not just for children; adults also need bedtime stories to wind down and take their minds off thoughts of the many things they wish to do or they haven't done. By virtue that you are here, it is clear you don't need more convincing to start reading bedtime stories for adults, but are possibly wondering: What sort of stories will help you relax and wind down? Will I not get back to worrying after reading, or will the stories be so soothing that you will fall asleep while at it? How are the stories optimized for getting you to sleep? Does the book have a variety of stories that you can choose from and cycle through for several days or even weeks? If you have these and other related questions, you will love this book. Here is what to expect in this book: A collection of captivating short stories that will calm you down and make you somewhat disconnect from your worries and thoughts so you can calm down and sleep easily. The stories are written with a nice flow such that you'll find yourself lost in them. The stories allow you to shift from the real world to a fantasy world where you forget your problems and just relax. Each story is well-crafted and entertaining such that when you start reading, you cannot stop something that will keep off your worries and get you to sleep effortlessly. And much more. As much as it is hard to forget your problems, it is particularly important that you try your best to engulf yourself in these stories. They will help you reduce stress, fall asleep faster, keep off anxiety as well to ensure you get a good night's rest. And with the stories in this book, you are in for a treat. Even if you've never been the kind of person to use bedtime stories, these ones are sure to ensure you fall asleep fast without trying too hard. Scroll up and click Buy Now With 1 Click or Buy Now to get started.

*Bedtime Stories for Grown-Ups* Dan Jones, 2018-08-07. *Bedtime Stories for Grown ups* is a collection of 20 bedtime stories for adults from the Dan Jones Hypnosis YouTube channel. The bedtime stories have been created in a way that encourages sleep and promotes wellbeing, helping with stress, anxiety, and worry—three of the main areas behind many sleep problems. So these bedtime stories are ideal for stressed-out adults or those who find they worry or overthink when they should be falling asleep. These sleep stories for adults can be read by the person who wants to fall asleep, or read to someone to help them fall asleep, or audio-recorded for personal use to help you fall asleep. Each bedtime story is a transcript of a 20-35 minute long hypnotic healing bedtime story. For most of human history, storytelling helped people to share knowledge and wisdom while inspiring change and creativity. Storytelling is one of the oldest forms of verbal hypnosis. Stories stimulate and access the dreaming brain, allowing people to update their neurology with new learning to change thinking, behaviours, and responses to life events. Somewhere along the way, storytelling became associated with children; it was seen as odd if you were an adult who said you liked listening to stories. This has now started to change: adults listening to stories and reading bedtime stories is on the rise. Dan Jones has over 20 years' experience using storytelling as a form of therapy and to help people sleep; he also has a successful YouTube channel.

Dan Jones Hypnosis with over 100 hypnotic healing bedtime stories for adults and over 20 sleep stories for children

**Bedtime Stories for Adults** Kirsten Offerman, 2021-03-06 Do you want to get rid of stress before going to sleep Are you facing trouble in sleeping Do you want to try a relaxation strategy that incorporates mindfulness If you answered yes to any of these then this is the perfect educational and informational book for you Hello Welcome to this guide to Bedtime Stories for Adults These stories put you into the perspective of the main character placing you directly into the landscape and action of the story for a first hand invigorating experience You can see and experience everything for yourself in order to learn more about yourself and your abilities by the time you return to your daily life Sleep stories are relaxing classic tales and works of literature that are engineered to help you fall asleep faster and stay sleeping through the night You ll deeply relax your body and mind The most important journey is the journey of the self Enter worlds of imagination relaxation and wonder through fairytales and meditation The Bundle consists of the following Book 1 Inside this book you ll discover The Landlady William and Mary The Way Up to Heaven Edward the Conqueror An African Story And much more Book 2 Inside this book you ll discover The Peak Micah s Story Teddy Realized Civil War Heroine Royal Jelly And much more Book 3 Inside this book you ll discover Mary and Miranda The Inmost Fire The Birthday Mix up Topher s Ultimatum Outside of Lease And much more So switch off snuggle down and allow yourself to escape into new worlds and old magical mysterious and tender realms that will accompany you to your own sweet dreams Click Buy NOW Grab Your Copy Today [Bedtime Stories for Adults](#) Andy Benson, 2020-10-08 Bedtime stories aren t just for kids anymore Do you struggle with insomnia no matter how hard you try to deal with it Is anxiety or depression preventing you from sleeping constantly If you find that bedtime is nothing but struggles then you are in the right spot This book will help you As you read through this book you will first be introduced to the idea of utilizing bedtime stories even as an adult Through using stories and mindfulness you will find that you can drift off to sleep with ease There is a reason that we use bedtime stories for children it naturally relaxes the mind And as you read you can expect to feel yourself relaxing more as well In this collection of adult bedtime stories you will first be introduced to the idea of using mindful meditation so you can relax yourself Then you will be given several different bedtime stories that involve various adventures and sometimes misadventures of Sophie Rogers a young woman living in the Pacific Northwest and her German shepherd pal Bella Together they enjoy life and everything that it has to offer with their friends As you read their stories you can find yourself beginning to soothe into a state of relaxation yourself in which you will begin to prepare for a full night of sleep yourself Each story is meant to be fun and engaging Finally at the end of the book you will be given two traditional guided meditations that are meant to trigger mindfulness to help yourself begin to relax enough to drift off to sleep So what are you waiting for Join Sophie as she explores the world As you read you will find Sophie and her friends spend a day at the beach enjoying each other s presences and the sun as they sit back and relax Sophie spends a day at a beautiful wedding celebrating the love and commitment of one of her dearest friend on an island Sophie meets someone new

who becomes someone that she may enjoy far more than she expected Sophie her new friend and two of her old friends all head on a wonderful road trip together Sophie and her friends set up a wonderful surprise party for a good friend of theirs to show her how much they all support and appreciate her Sophie does something that scares her going up the Space Needle in Seattle despite her fear of heights and realizes that doing things that scare her isn't as bad as she thought A guided meditation in which you explore time and space learning to distance yourself from the struggles of your daily life A guided meditation in which you explore a new peaceful paradise and see the world in a different light So what are you waiting for If you're ready for a good night's sleep you can get it All that is standing in your way is scrolling up to click on BUY NOW today Are you ready

**Bedtime Stories for Adults** Albert Piaget, 2020-11-16 Are you finding it difficult to fall asleep and stay asleep for the required number of hours or do you find yourself waking up at night and having a hard time going back to sleep and find it hard to relax even when you are tired And are you looking for soothing and relaxing bedtime stories for adults that will effectively help your mind stop its incessant worrying and active thinking that makes it hard for you to fall asleep If you've answered YES keep reading You've Just Discovered A Collection Of The Most Soothing And Relaxing Adult Bedtime Stories That Will Get You To Sleep Without Feeling Like You Are Trying Too Hard And Getting Anxious About It After a long day being busy whether at work at home school or even traveling nothing feels better than relaxing and getting a good night's rest However due to stress and other issues that arise falling asleep and staying asleep may seem to take forever as we toss and turn in bed checking the clock and getting anxious with every passing minute that we can't fall asleep The only way you can relax and unwind is if you can escape the ordinary and find something good that calms your anxious nerves soothes and relaxes you as you drift off to sleep Nothing beats bedtime stories at that Yes bedtime stories are not just for children adults also need bedtime stories to wind down and take their minds off thoughts of the many things they wish to do or they haven't done By virtue that you are here it is clear you don't need more convincing to start reading bedtime stories for adults but are possibly wondering What sort of stories will help you relax and wind down Will I not get back to worrying after reading or will the stories be so soothing that you will fall asleep while at it How are the stories optimized for getting you to sleep Does the book have a variety of stories that you can choose from and cycle through for several days or even weeks If you have these and other related questions you will love this book Here is what to expect in this book A collection of captivating short stories that will calm you down and make you somewhat disconnect from your worries and thoughts so you can calm down and sleep easily The stories are written with a nice flow such that you'll find yourself lost in them The stories allow you to shift from the real world to a fantasy world where you forget your problems and just relax Each story is well crafted and entertaining such that when you start reading you cannot stop something that will keep off your worries and get you to sleep effortlessly And much more As much as it is hard to forget your problems it is particularly important that you try your best to engulf yourself in these stories They will help you reduce stress fall asleep faster keep off anxiety as well to



ensure you get a good night's rest And with the stories in this book you are in for a treat Even if you've never been the kind of person to use bedtime stories these ones are sure to ensure you fall asleep fast without trying too hard [Bedtime Stories For Adults](#) Kelly Holden,2021-01-13 The most important thing in our life is how you can rest sleep and recharge your energy Here you can find ways to do all this Are you looking for peace and relaxation Are you looking for a guided meditation practice that is engaging and creative Are you looking for stop anxiety and stress Are you curious to know the best version of yourself A good night's sleep is essential for our well being and our health but in our busy lives sleep is often poor and overlooked Now is the time to stop a while and find consolation and wonder in other worlds where all is well and sleep just a story or two away For ultimate relaxation and peaceful vibes use the stories as part of a breathing exercise as night time meditation or just to help you unwind at the end of a long day Don't wait any longer start living these Bedtime Stories today Would you like to know more Scroll to the top of the page click on the buy now button and get a copy of Bedtime Stories for Adults enjoy relaxing stories and live a healthier lifestyle All the Best Kelly Holden [Bedtime Stories for Adults](#) Kirsten Offerman,2021-01-15 Various studies over the last decade have found a positive correlation between how someone falls asleep and their overall health People who sleep with a peaceful mind tend to have fewer issues as compared to those who are disturbed by the issues they faced during the day right before falling asleep There is anything you could want out of a story here Our first story is reminiscent of a children's bedtime story but it has some themes in it that only an adult reader will understand The relationship between our characters is like a relationship between a mother and a daughter which is something that almost anyone can relate to Our second story will be loved most by fans of fantasy The main character hails from the Kingdom of Fenmore the daughter of the Emperor of Drasys She flees from an arranged marriage to a stranger but her path takes an unexpected turn She learns much about herself when she escapes the life that was made for her Even if you don't usually read fantasy we think you will enjoy this one for the characters and story alone The third story is a lot like a farce in a sitcom Two roommates are usually friends but one surprises the other with a blind date and things don't turn out the way he expected This one is certainly the most light hearted of the collection so if you want to start with something that won't take too much thinking Birthday Mix up may be the best story for you to start with Just make sure you read the other four too Topher's Ultimatum is the fourth story and it is one that anyone who has worked in a modern office will be able to relate to It will cause you to think about all the possibilities that you don't usually consider when you work in a humdrum office setting but it will also make you think about the potential consequences of doing so Our main character is put through a lot in this story and he is meant for you to identify with while also being able to see how you would act differently Finally our fifth and final story is called Outside of Lease The main character is a young man named Curtis who winds up in a series of situations he never thought he would all because he has nowhere to stay when his apartment lease ends making him effectively homeless for three weeks in the summer There is only so much we can cover in these short summaries so even if

one of these stories doesn't sound intriguing at first we encourage you to read it for at least a few pages and see where it goes We think you will find something valuable in all of them especially in terms of meditating and falling asleep If you would like to know more scroll to the top of the page and select the BUY NOW button and enjoy a better night's sleep today

**Bedtime Stories for Adults** Albert Piaget, 2022-01-18 Are you finding it difficult to fall asleep and stay asleep for the required number of hours or do you find yourself waking up at night and having a hard time going back to sleep and find it hard to relax even when you are tired And are you looking for soothing and relaxing bedtime stories for adults that will effectively help your mind stop its incessant worrying and active thinking that makes it hard for you to fall asleep If you've answered YES keep reading You've Just Discovered A Collection Of The Most Soothing And Relaxing Adult Bedtime Stories That Will Get You To Sleep Without Feeling Like You Are Trying Too Hard And Getting Anxious About It After a long day being busy whether at work at home school or even traveling nothing feels better than relaxing and getting a good night's rest However due to stress and other issues that arise falling asleep and staying asleep may seem to take forever as we toss and turn in bed checking the clock and getting anxious with every passing minute that we can't fall asleep The only way you can relax and unwind is if you can escape the ordinary and find something good that calms your anxious nerves soothes and relaxes you as you drift off to sleep Nothing beats bedtime stories at that Yes bedtime stories are not just for children adults also need bedtime stories to wind down and take their minds off thoughts of the many things they wish to do or they haven't done By virtue that you are here it is clear you don't need more convincing to start reading bedtime stories for adults but are possibly wondering What sort of stories will help you relax and wind down Will I not get back to worrying after reading or will the stories be so soothing that you will fall asleep while at it How are the stories optimized for getting you to sleep Does the book have a variety of stories that you can choose from and cycle through for several days or even weeks If you have these and other related questions you will love this book Here is what to expect in this book A collection of captivating short stories that will calm you down and make you somewhat disconnect from your worries and thoughts so you can calm down and sleep easily The stories are written with a nice flow such that you'll find yourself lost in them The stories allow you to shift from the real world to a fantasy world where you forget your problems and just relax Each story is well crafted and entertaining such that when you start reading you cannot stop something that will keep off your worries and get you to sleep effortlessly And much more As much as it is hard to forget your problems it is particularly important that you try your best to engulf yourself in these stories They will help you reduce stress fall asleep faster keep off anxiety as well to ensure you get a good night's rest And with the stories in this book you are in for a treat Even if you've never been the kind of person to use bedtime stories these ones are sure to ensure you fall asleep fast without trying too hard Scroll up and click Buy Now With 1 Click or Buy Now to get started **Bedtime Stories for Adults** Calm Therapy Centre, 2021-05 55% OFF for Bookstores NOW at 24.95 instead of 38.67 What if you can't even sleep tonight You can't sleep during this period and you are losing your

mind Sleepless nights watching the ceiling and counting the sheep and then days full of commitments between work home and family and you don't know how to do you risk a hysterical crisis But what else can you do You have tried to drink herbal teas before sleep take relaxing pills but nothing you can not relax and sleep now you are desperate you think there is nothing that can help you go back to sleep There is no need to drink miraculous concoctions or take toxic pills and you can try to read Yeah you got it right Reading relaxing stories can help you overcome this nightmare and bring you back to the beauty of a refreshing rest Your Customers will never stop using this book In this book you can learn How to Use These Stories and How They Work to help you fight insomnia triggered by anxiety states Be Amazed by Relaxing Bedtime Stories that will help you find a quiet sleeping thanks to the serenity climate they give you That will allow you to relax abandoning the agitation that too often disturbs the moment of falling asleep making it difficult Reading before falling asleep is useful for the mind the book's pages reconcile sleep because getting lost in a story the imagination is free to reach unknown places and know new heavens and lands Reading on the other hand allows the mind to relax as few other activities can do It is now known in fact that while we read the levels of stress are lowered and the heart rate slows down What are you waiting for Here is the healing to your problems Take this collection of short stories written thinking about you with the scope to gift you with peaceful resting nights rich in descriptions to make your imagination fly to another fantastic world Buy it NOW and let your customers get addicted to this amazing book

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