



Actually, There Is Something Under The Bed: A parent's guide to empowering their child in the dark

Michelle Cohen

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“Michelle’s system...makes a great deal of sense to the most important people—children themselves...Michelle really outlines these things step by step very well in the book and again this is an excellent resource for professionals who work with children because its something that not only works but has worked many times in the work that she has used. (Michelle) tells us how we can sharpen our own inner sensitivities, this is very interesting stuff. I think people who have had experiences like this, and I know I have, sometimes don’t know how to interpret them but there again, its hard to deny them sometimes...this book would make a terrific stocking stuffer...cuz its small, its easy to read, its quick to read and just has tons of good information.” - **Dr. James Sutton, psychologist and host; The Changing Behavior Network**

Is your child afraid of the dark? Are you? For millions of people, turning off the lights can be one of the scariest moments of their day. So, imagine being able to banish these fears for good. "Actually, There Is Something Under The Bed" skillfully demonstrates how to take command over whatever you or your child perceives is creeping in the closet, hiding in the corner, or lurking outside the window. The protocol is presented in a concise and surprisingly fun way. Based on decades of experience helping concerned families bring calm to their nighttime slumber, Michelle Cohen emphasizes that it doesn't matter if what scares children is real or imagined. "Actually, There Is Something Under The Bed" is designed to empower children and parents by learning that they have more control than they realized over their circumstances. Cohen’s guidance is positive, safe, and easy-to-follow showing exactly how to tackle their terror. As an added bonus, Cohen explores deeper material for curious adults who want to sharpen their own inner sensitivities and activate a more profound awareness of what they sense is going on around them. If you or your child has ever imagined or felt the creepy crawlies, this book is all you need in order for everyone to get a great night’s sleep.

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