

INSTANT SLEEP FOR MAGICIANS by Devin Knight - eBook - DOWNLOAD

This is not hypnosis or self-hypnosis, but a clever technique that will allow magicians to fall asleep in less than 3 minutes without tossing and turning and without sleeping pills. Get the sleep you need instantly to keep you in great performing health.

It was written by a magician for other magicians and entertainers. This could be one of the most important books you will ever read. There are no actual magic tricks in this book, but there is advice that is invaluable to any entertainer.

I often ask magicians, if they could have any wish granted, what they would wish for. Many tell me that they would like to make lots of money with magic or travel the world performing magic. These are the normal two answers, but in my opinion, they are dead wrong.

The most important thing you could wish for is GOOD HEALTH! Without it first, all other wishes are in vain. I will prove it to you. If you are sick, you don't feel like practicing, much less doing shows. How many times have you been sick and had to do a show? It was really rough and I bet you barely got through it.

Imagine that you were sick almost every day, and how tough it would be doing shows. You know as well as I do, when you feel great, you give your best performances.

What good is money if you are too sick to enjoy it or are in bad health? If you are in bad health, you don't feel like traveling the world, no matter how much money you are being paid for a show.

A lot of health problems that entertainers have are often caused by the lack of proper sleep. Not getting enough sleep can lead to health problems.

So it should be noted that the most important thing you can have is good health, not money, love or fame. This book will show you how to get a good night's sleep. No longer, when you get back from a show, will you toss and turn for hours trying to get to sleep. Using the tips in this book you will normally be able to fall asleep in less than three minutes. Hence, by getting more sleep during the night, this will lead to a healthier lifestyle for your career.

PDF also contains a list of late night foods many magicians eat after a show that will destroy a good night's sleep. Learn what to avoid. You are probably eating these foods now and staying awake.

Plus includes a list of foods that help you sleep better if eating them before bed.

Get your magic career back on track with getting a good night's sleep before a show. These are the same techniques I used when on my lecture tour to ensure I got the maximum sleep I needed for the next night's lecture. These secrets are invaluable.

Download the eBook and learn how to fall asleep instantly!