

Subject Line: You will never have to worry about rest again

Once upon a time, I want to tell you a story of how a guest of mine conquered his insomnia and spent time with his family.

Night after night of no rest significantly changed his life, and he was no longer the same.

Eric, a 50-year-old father, felt worried about the possibility of anxiety and exhaustion overwhelming his family and hobbies.

Like everyone else, Eric tried all sorts of ways to fix his insomnia and received medical help.

But as we know, insomnia likes to put up a fight.

We know that medical help can only help so much and with online guides... well... it's not always the key to your specific lock.

He then thought to himself that it was no use in fixing his insomnia and eventually gave up.

This is where his life made a complete 180

Instead of fighting insomnia, he changed his focus to things that he **could** control. His focus was put on his work and family not letting sleep creep up at all.

Eric found that the more that he did this, the more he became in control of his thoughts and his feelings eventually freeing him from chain thoughts of anxious sleep.

He gave himself permission to work at all times and instead of rolling around in bed he would put himself to work.

Eric eventually returned won the battle

I want to share with you a 'third eye opener' from one of my guests today on the Insomnia Coach® Podcast

Learn more about Eric's life and what his lifestyle is like now where he has total control of his sleep and how you can instantly apply it to your life [Right Here](#)

-(company name)

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