



## Sleep Tight Tonight

If you fall asleep reading her book, veteran insomniac, journalist and former NJSL editor Tracy Ecclesine Ivie won't be insulted, just pleased. Her book, "Why Count Sheep When You Can Sleep?" is designed to be read in bed — at the point of sleeplessness — when people are desperately searching for relief. Inside you'll find hundreds of effective, non-drug sleep solutions culled from experts around the world. You'll also find "The Boring Book," a unique collection of run-on sentences and monotonous phrases that will numb even the most hyperactive minds. Available on [roastreetpress.com](http://roastreetpress.com) or via the author at workshops throughout New Jersey. [wordsandideas.net](http://wordsandideas.net)