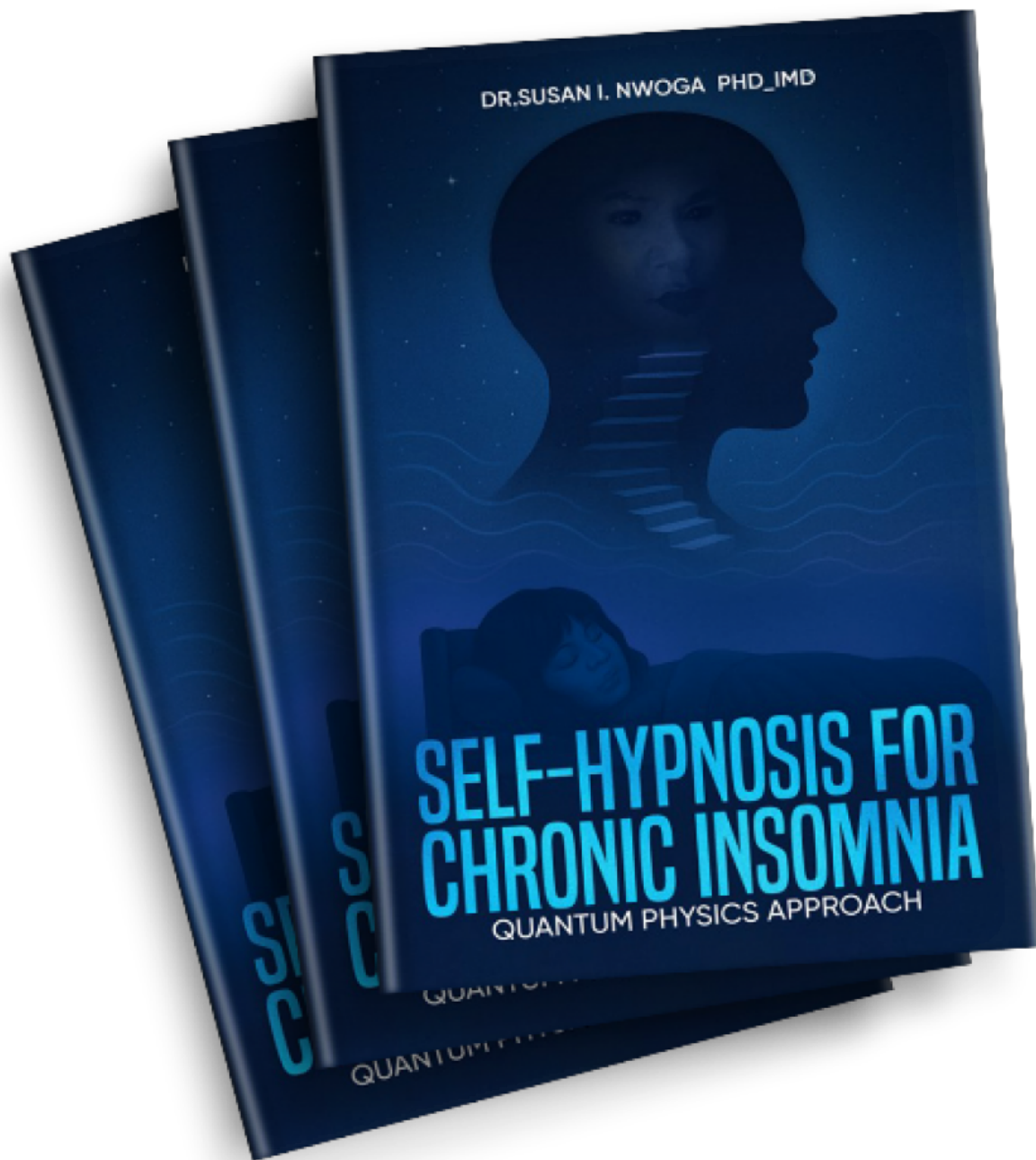


Say Goodbye to Sleepless Nights: Discover Self-Hypnosis in DR. SUSAN I. NWOGA PHD IMD's New Book - July 14!



Burtonsville, Maryland Jul 10, 2025 ([IssueWire.com](https://www.issuewire.com)) - Prepare for a life-changing read - Self-Hypnosis for Chronic Insomnia: QUANTUM PHYSICS APPROACH by DR. SUSAN I. NWOGA PHD IMD is set to release on Amazon Kindle this July 14th. This eye-opening book offers a powerful and holistic method for overcoming chronic insomnia, blending the principles of quantum physics with the

deeply healing practice of self-hypnosis

About the book:

Based on the author's own journey, this book reveals how insomnia is more than just sleepless nights - it's a breakdown of emotional, physical, and spiritual balance. Susan's approach dives into alternative therapies after traditional medications failed her, leading to dependency and side effects. In this compelling and heartfelt guide, she shares how self-hypnosis gently calms the nervous system, rewires the mind, and helps restore deep, natural sleep. It's not just about sleeping better - it's about reclaiming your peace, energy, and joy. This book breaks down scientific concepts into simple practices, helping readers heal from within, without pills or side effects.

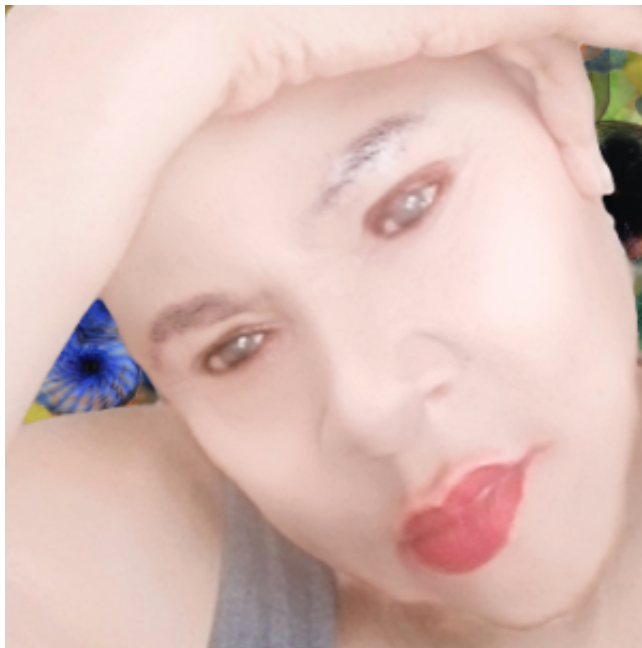
About the Author:

SUSAN I. NWOGA PHD IMD, is a pharmacist, integrative medicine practitioner, and researcher who turned her personal struggle into a mission to help others. In this concise, clear, and powerful guide, she brings science and soul together to offer real solutions for insomnia sufferers everywhere.

Availability:

Mark your calendars! Self-Hypnosis for Chronic Insomnia: QUANTUM PHYSICS APPROACH launches on Amazon Kindle on July 14th Be among the first to unlock the healing power of your own mind - your sleep depends on it

Book Link: <https://www.amazon.com/dp/B0FH5YM1X2>



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