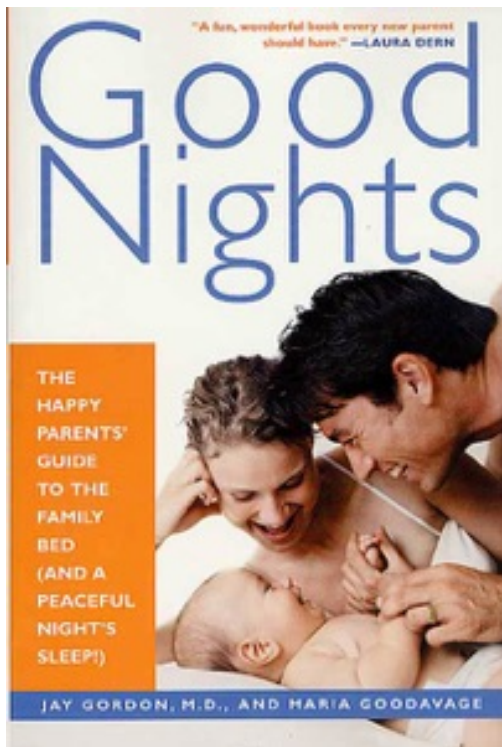


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Worry no more! *Good Nights* puts your concerns about the family bed to rest, with fun and easy-to-use guidance on safety, coping with criticism, and even keeping the spark in your marriage (albeit outside the bedroom). With warmth and humor, Dr. Jay Gordon, a nationally recognized pediatrician who has endorsed the family bed for decades, and Maria Goodavage, a former *USA Today* staff writer with training in sleep research, give you everything you'll need in order to thrive - and at times, simply survive - with the family bed. *Good Nights* provides a comprehensive look at:

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- **SURPRISING BENEFITS** - Parents of young babies get much more sleep with the family bed! And little ones who spend time sleeping next to parents end up more independent (you read that right!) and closer to their parents than their cribbed peers.
- **SAFETY** - The authors give simple-to-follow advice on how to make your family bed at least as safe as a crib.
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- **SEX** - Ditto.
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