



# SNORE NO MORE!

*James L. Mosley*

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**SNORE NO MORE!** James L. Mosley

SNORE NO MORE! provides invaluable information on how to help yourself, family members, friends, or roommates stop snoring and live longer, healthier and happier lives. This fifth edition of SNORE NO MORE! delivers easy-to-understand facts about the causes of snoring and the dangers of loud snoring. This enlightening read also proposes preventative measures, self-help methods, where to get professional help, and provides information about cutting-edge treatments available to stop snoring and obstructive sleep apnea (OSA). SNORE NO MORE! features some intriguing real-life accounts given by sleep apnea patients. They describe their physical and mental suffering, loss of jobs, sexual and marital problems, and near-death situations caused by loud snoring and OSA. The author also shares his extensive battle with his own "obnoxious" heavy snoring, OSA, and sleep deprivation. He reveals in narrative form how he stopped the cycle of noise, discomfort and sleep deficiency, and made his bedroom a "noise-free zone."

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