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There is a way to calm most crying babies . . . usually in minutes!

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Thousands of parents, from regular moms and dads to Hollywood superstars, have come to baby expert Dr. Harvey Karp to learn his remarkable techniques for soothing babies and increasing sleep. Now his landmark book—fully revised and updated with the latest insights into infant sleep, bedsharing, breastfeeding, swaddling, and SIDS risk—can teach you too! Dr. Karp's highly successful method is based on four revolutionary concepts:

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with

3. **The 5 S's:** Five easy steps to turn on your baby's amazing calming reflex
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