



# Snore No More!: Remedies and Relief for Snorers and Snorees Everywhere

*Rob Simon*

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## **Snore No More!: Remedies and Relief for Snorers and Snorees Everywhere** Rob Simon

Snore No More takes a funny look at a serious problem—snoring. The book provides comprehensive remedies and comic relief from a problem that impacts 90 million snorers, and another 90 million “snorees”—the people who try to sleep next to them. The book is Rob Simon’s humorous first-person account of his quest to stop snoring and save his marriage. The result is an entertaining and very informative book that covers all thing related to snoring including how to say "snore" in world languages, snoring trivia and dealing with pets that snore. The book provides well-researched and experienced advice on how to stop snoring, including, diet and lifestyle changes, and wearable devices—all of which the author has tried. Snore No More is a must-have book for anyone who snores or lives with a snorer and is seeking a cure, or at least, comic relief.

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