Isn't it lovely to cuddle
up together?

Yes, it is!

This book is meant for
cuddling and snuggling.

Our story begins
with two people.

Two people who love
each other very much.

One person reads, and
the other falls asleep.

As the leaves continue to fall,
you take in a long slow
deep breath that is
full of positive energy.

When you exhale,
you let go of all the
stress, worries, cares, and
frustrations of the day.

Again, we breath in positive energy,
and exhale out anything negative.

Just keep breathing in the good,
and exhaling the bad.

That's right, you are doing so well.

Cuddle Up &
Goodnight

The best part of falling asleep is
knowing you are not alone.

You can hear the sound of my voice,
and know that I care about you.

I love you.

I am very proud of you.

I am cuddling and holding
you right now.

I believe in you.

You are worthy of good
things in your life.

You are worthy of unconditional love.

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There is a small inner voice
that lives inside of you.

This voice goes by many names.

It is a way to stay true to yourself.

This voice is your compass.

It can tell you when things feel right,
and when things feel wrong.

Listen to that inner voice inside of you.

It leads you on the right path.

The path towards honesty.
The path towards integrity.
The path towards compassion.
The path towards empathy.

This voice is one of the greatest gifts you
possess, and it helps you to navigate life.

You are worthy of this inner wisdom.

Every time you wake up,
you will know I love you.

Every time you put your feet
on the floor in the morning,
you will know I love you.

Every time you make your bed,
you will know I love you.

Every time you get dressed,
you will know I love you.

Every time you wash your hands,
you will know I love you.

Every time you tidy up,
you will know I love you.

Every time you brush your teeth,
you will know I love you.

Sweet dreams, my love.