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Snore No More! A Guide to Saving Your Relationship

“Laugh, and the world laughs with you; snore and you sleep alone.” –Anthony Burgess

Nearly forty percent of the world’s adults snore, and in America alone more than 90 million people contribute to this percentage. These numbers don’t account for the millions of other people affected by this noisy epidemic—i.e. the men, women and children kept up at night by the family member blissfully sleeping—and snoring—away. On a quest to stop snoring and save his marriage, Robert Simon set out to tackle this difficult subject once and for all. Thanks to Simon’s diligence, humor, and—in no small part—the willingness of his mate to hold onto hope, millions of snorers and snorees may find their solution in [Snore No More! Remedies and Relief for Snorers and Snorees Everywhere](#) (Andrews McMeel Publishing, \$12.95, June 2005). Perhaps the first book for both snorers and snorees that not only offers remedies to snoring but comic relief as well, [Snore No More!](#) helps you understand why people snore along with prescribing remedies and humorous ways to laugh about the problem.

From instructions on how to say, “snore” in several different languages, and explorations of the different sounds of snoring, [Snore No More!](#) takes a lighthearted but well-researched look at snoring. By further discovering the effects snoring has on the snoree, and the effects of surgeries and dieting, Simon has left no topic unturned in his hunt for answers to snoring:

- **Homeopathic and Alternative Cures:** From nasal rinses, natural decongestants, and throat sprays to behavior modification, aromatherapy, and singing therapy, Simon provides a wide range of options for a snore-free existence.
- **The Sound of Snoring—The Darth Vader:** “Its signature: a robust, bass-toned sound, as if one snorer is James Earl Jones laboring with every breath, sucking air through an ill-fitting mask and corroded windpipes.”
- **From Indignation to Ownership:** Simon reveals the nine stages of snoring denial. Ranking in at no. 6—*Avoidance* (I snored? That was a fabulous dinner tonight, wasn’t it?) and no. 8—*Acceptance* (I snored? Sorry).

[Snore No More!](#) is an entertaining, humorous, and very informative book that takes an in-depth look at snoring and its effects on those around it. After trying just about everything to stop his snoring, the one thing that saved Simon’s marriage was humor. A must have for anyone who snores or for anyone who lives with someone who snores, [Snore No More!](#) provides invaluable insights, suggestions, and information on this topic disturbing the peace in bedrooms around the globe.

About the Author

Rob Simon is a humor writer, former advertising executive, and lifelong snorer. He has read nearly every snoring book, visited almost every snore-related Web site, and survived most every “cure” for his nighttime log-sawing. From losing weight to undeviating his deviated septum, Rob has tried it all. He sleeps and snores peacefully in Denver...while his wife and two children do neither.

[Snore No More! Remedies and Relief for Snorers and Snorees Everywhere](#)

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