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Parenting educator and mother of four, Elizabeth Pantley is the author of twelve popular parenting books, ... The No-Cry Sleep Solution for Toddlers & Preschoolers. Lack of sleep affects every minute of every day for every person in the family because lack of sleep isn't just about being tired. Sleep has a role in everything ... Summary. BOOK SUMMARY FROM THE PUBLISHER. There are two schools of thought for encouraging babies to sleep through the night: the hotly debated Ferber technique of ... Buy The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night by Elizabeth Pantley, William Sears (ISBN: 9780071381390) from Amazon's Book Store.