



Everything You Need to Know about Nightmares! and How to Defeat Them

Jason Segel, Kirsten Miller, Karl Kwasny (Illustrations)

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A handbook for beating nightmares from the *New York Times* bestselling authors of the *Nightmares!* series, Jason Segel and Kirsten Miller.

Nightmares. They come in all shapes and sizes--from gargantuan lizards to teensy creepy-crawlies. No matter their form, we know all too well, they are truly terrifying. The good news is that every Nightmare, no matter how ferocious, mysterious, or hairy, can be defeated. And this book will tell you how.

Everything You Need to Know About NIGHTMARES! and How to Defeat Them is your one-stop guide to battling anything that goes bump in the night. Whether you're being chased by zombies or stalked by evil twins, this handy book will give you all the tools and tips you need to put your bad dreams to bed for good! Keep a copy under your pillow and you'll never fear Nightmares again!

Praise for the *Nightmares!* series

"Charlie Laird, who learns fear will eat you alive if you feed it, makes an impression, and . . . **readers will want to accompany him again.**" --*The New York Times Book Review*

"A touching comical saga . . . about facing things that go bump in the night." --*US Weekly*

"***Coraline* meets *Monsters, Inc.*** in this delightfully entertaining offering from actor [Jason] Segel and co-author [Kirsten] Miller." --*Publishers Weekly*

Everything You Need to Know about Nightmares! and How to Defeat Them Details

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From Reader Review Everything You Need to Know about Nightmares! and How to Defeat Them for online ebook

UnicornGirl24601 says

OVERALL IMPRESSION: I really enjoyed this book. There wasn't really a plot or characters since it was more of a handbook/textbook/guide to the nightmare realm, but some of the characters from the Nightmares series appear in the short stories that happen every now and then. There was a lot of artwork from the Nightmares trilogy, but there was some new artwork and I thought it was beautiful. Lastly, I love how the authors compared Nightmares with real life situations and they told you how to get rid of that situation. For example, there was a chapter on bullies and it told you how to stand up to them. Overall, I loved this book and I'm sad that the Nightmares series is officially over.

RATING: 5 stars

Mouse says

A fun book and honestly it's kind of helpful for kids dealing with nightmares. It's sort of an instructional comfort book rather than a book designed to scare you like Goosebumps.

My only issue with it is that it feels really abrupt at times as some nightmares are explained in less than a page and others feel sort of slighted like they're not really a problem.

Also, I've never read any of the books in the series and I felt sort of left out at times.

However, I will admit that this book has caused me to be intrigued with the series and I've ordered the first book.

Alex says

This was ok, not a story just like a compendium of different things you might find in your nightmares, where they originate from, and how to best defeat them in both the nightmare world, and in the real world. Cute, geared towards kids who might be having a nightmare or two.

Barbara says

An odd book that is filled with short stories, descriptions, and suggestions about how to tackle nightmares, this book shows readers that the things that scare them during the night time often have connections to fears they have in real life. Many of the scary things are based on legends or movies or scary stories, and the book is divided into sections about Lurkers and Stalkers, The Chasers, The Extraterrestrials, The Movers, The Life Suckers, Creepy-Crawlies, The House Monsters, The Snatchers, The Gobblers, The Tormentors, The Siblings, The Giants, The Urinators, The Little Ones, The Testers--teachers, beware! or should that be beware of teachers?--The Not-So-Dearly Departed, The All Mixed-Up, The Smotherers, The Weirdly Familiar, The Old Ones, Pure Evil, and Meanies. From these sections, it's clear that there is something here to scare just about anyone, but the humor and constant reassurance about what happens when we dream and

how to stay safe helps keep those fears at bay. The scary illustrations, though, could have been drawn from someone's worst nightmare. Most notably, this title covers a wide range of scary things and doesn't merely rely on ghosts, vampires, and zombies for a scare. Readers of a certain age, say intermediate or late elementary school, will enjoy this title, which might best be read with a couple of friends and/or an adult who can provide reassurance about the child's safety.

Martin Such says

It shows a flash light on the things that bum in the night

Stephanie Rollins says

My 11-year-old son is a reluctant reader. I highly encouraged him to read this, as I received it to review. He loved it. It did not take him long to read it. He especially enjoyed the Pro-Tips.

Emma says

For those of you who may be wondering, this edition of the book is 214 pages long. It was fun to read, and I enjoyed it.

Seema Rao says

Wonderful short hummus tales about nightmares

Allison Rogers says

This book was a cute and short read. The chapters are short and different from each other. I would recommend this book to elementary students or middle school students with fairly low reading levels. It was fairly easy to read and the only complaint I have towards this book is that if the reader is looking for a book to teach them something or to give them a sense of fulfillment, this book is not that. This is a book for short attention spans and pure amusement. Which is not all bad in some cases!

In this book, they list various assortments of nightmares and tell you how to overcome them. So, the book is basically about exactly what the title tells you. You have the zombies, and vampires, people who stalk you, etc. Any common nightmare you had/have as a child is in this book!

Christina Creech says

I didn't finish this book since I didn't enjoy *Nightmares*. I had marked this as currently reading because I was

going to be reading it once I finished the first one, because I thought I would like it. But, I actually have no desire to finish the series, or the side books.

meghann says

I love the *Nightmares!* series by these authors, so I didn't hesitate to get this. I loved how it was divided into the different types of nightmares and the inclusion of similar creatures from different cultures. There was even a bit of dream psychology with possible real life (waking world) problems that could be causing the dreams. It even instructs on how to face those problems and get rid of the dreams. This could be very empowering for little ones who suffer from nightmares on a regular basis. This book also contains the humor and amazing drawings that can be found in the rest of the series.

Elliott Schaefer says

I really like how the regular books left so much mystery. This book was interesting, and was entertaining. This book also tied up (some) mysteries. It seemed like a real notebook, and had interesting "facts".

Amy says

The text and illustrations were hilarious. I actually found this book first and then found the first book in the series. My middle school son really likes them now and wants to read the rest of the series.

Jennette says

Cute Lil guide to help you when you have nightmares on how to stop them

Ms. Yingling says

Copy provided by the publisher

In this companion to the *Nightmares!* trilogy, a hodgepodge of supplementary material is presented. There are pictures and descriptions of various nightmare entities, listing of their strengths and weaknesses, and Pro Tips on how to deal with them. There are also very short stories involving the characters from the books and how they had to deal with the beings. Additional accompaniments include recipes, fun facts, and room in the back for field notes. Beings are divided into broad categories including Chasers, Extraterrestrials, and Lurkers and Stalkers, and many others.

This was a well designed book, and I liked the layout of the pages. Fans of the series will take great glee in reading about how to deal with the creatures that they find most fearsome.

Just in time for Halloween, *Everything You Need to Know about Nightmares! and How to Defeat Them* is a

great book for fans of Betty Ren Wright, Mary Downing Hahn, Peg Kehret and WIllow Davis Roberts, and might come in handy if readers have a particularly vicious chupacabra loose in their room when the lights are turned out!
