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## 9787535738950 power of sleep(Chinese Edition)

By SAI LE WEI LA BIAN ZHU . YAN KE XIANG YI

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2004-04-01 Pages: 155 Publisher: Hunan Science and Technology Press title: the power of sleep Price: 32.00 yuan Author: Edited by Seiler Vila. Color incense Translation Publishing House: Hunan Science and Technology Publishing Date :2004-4-1 ISBN: 9787535738950 Words: 220000 Page: 155 Edition: 1 Binding: Paperback: Weight: Editor's Choice is a global issue 5.000.000 sleep book. Poor sleep lead to the unhealthy sleep has a very important role to maintain the best features of the immune system. insomnia may result in increased risk of infection disease. to have significant impact on the quality of life. You to lose sleep where? The book provides an effective way to alleviate insomnia to people yearn for sleep health. The EXECUTIVE SUMMARY sleep is a nocturnal. it can restore balance and replenish their energy. can promote wound healing and promote growth. The power of sleep. the book is a rare self-therapy guide. The book explains in detail Sleep generation of brain wave activity during sleep. changes in body temperature. One-tenth of the people was the lack of sleep. the more people are not...



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