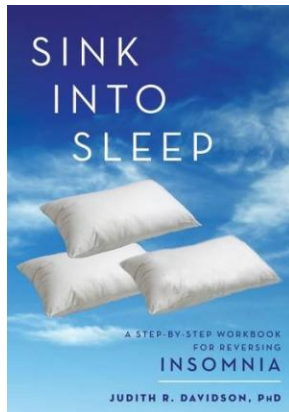


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## SINK INTO SLEEP: A STEP-BY-STEP WORKBOOK FOR REVERSING INSOMNIA



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