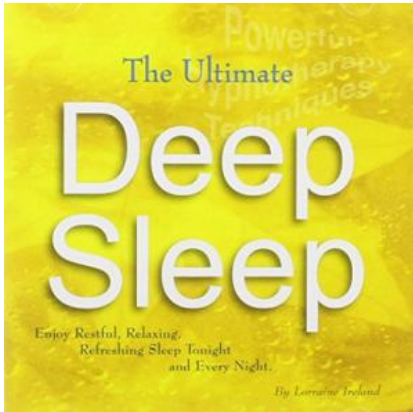


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## THE ULTIMATE DEEP SLEEP



Mind Health Matters Ltd, United Kingdom, 2005. CD-Audio. Book Condition: New. 140 x 124 mm. Language: English . Brand New. The Ultimate Deep Sleep CD is specifically designed to restore natural healthy sleep patterns and to eliminate unhealthy habits and anxious thought patterns connected to the inability to sleep. The blend of gentle background music and soft hypnotic voice re-educates the mind and body to become re-acquainted to the meaning of sleep. Insomnia is more often than not a natural...

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- Authored by Lorraine Ireland
- Released at 2005



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