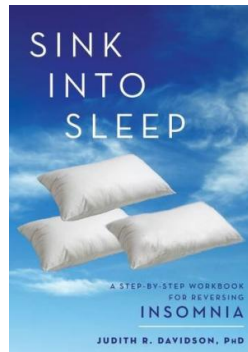


## Sink Into Sleep: A Step-By-Step Workbook for Reversing Insomnia



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### Book Review

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