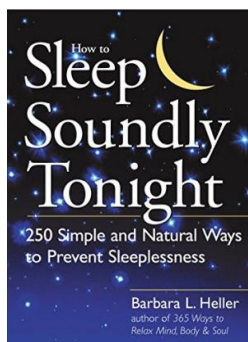


## How to Sleep Soundly Tonight: 250 Simple and Natural Ways to Prevent Sleeplessness



### Book Review

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