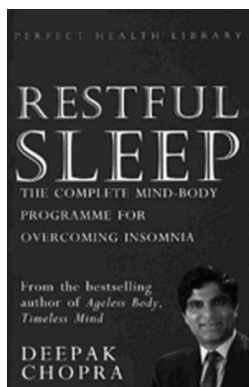


Restful Sleep: The Complete Mind/Body Programme for Overcoming Insomnia



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