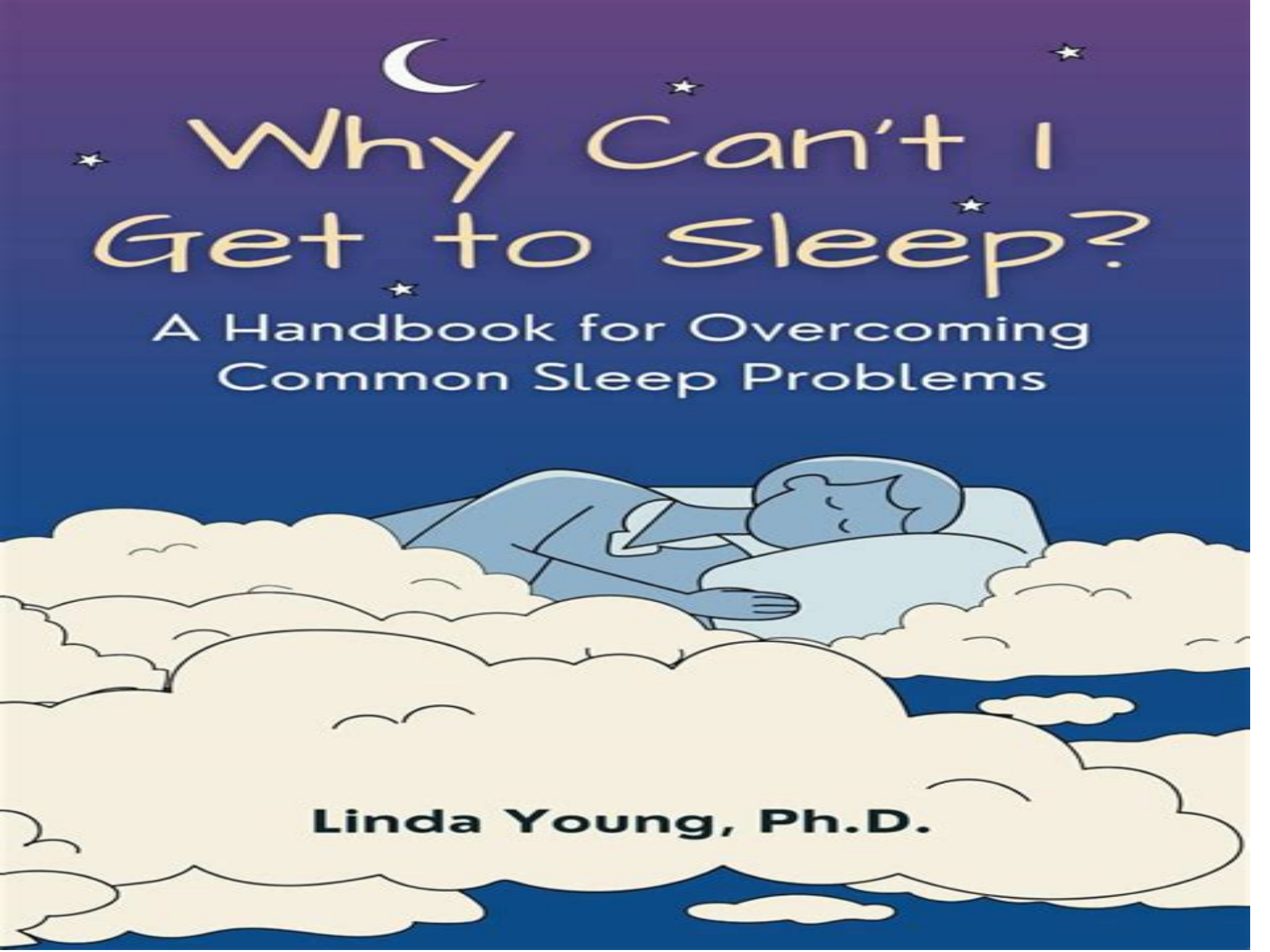




Why Can't I Get to Sleep?

A Handbook for Overcoming
Common Sleep Problems



Linda Young, Ph.D.

Sleep Handbook

Kim West, MSW



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