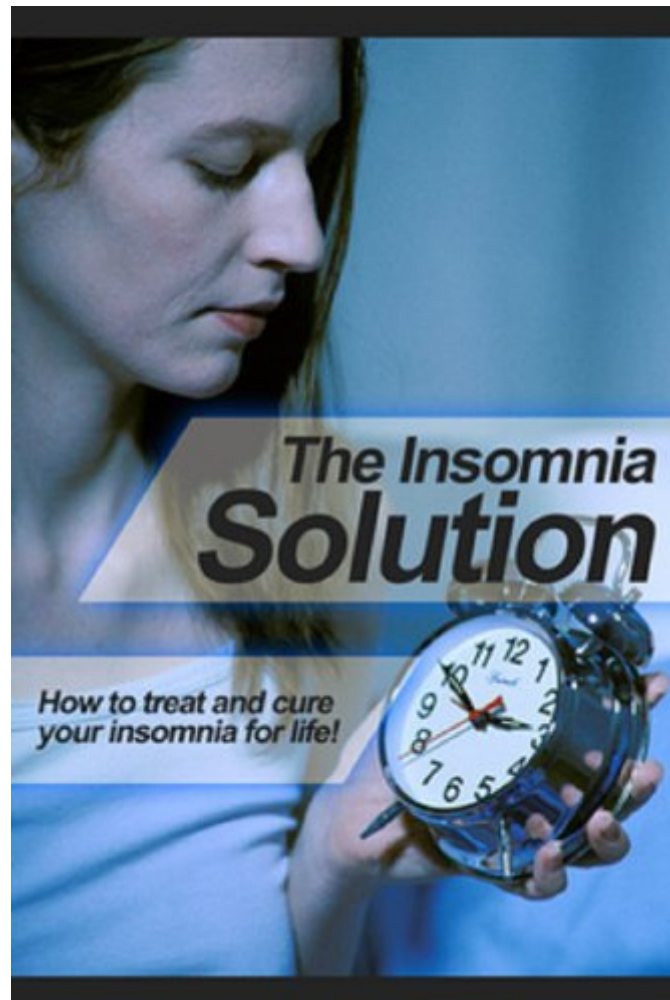




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The Insomnia Solution: How To Treat And Cure Your Insomnia For Life!



Synopsis

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Customer Reviews

I've been taking Feldenkrais classes so these movements aren't foreign. It's amazing how quickly you fall asleep doing these moves and I haven't been awakening in the middle of the night--actually around 4AM, which had been driving me crazy.

Having lived my insomniac problem since I can remember, reading this book has help me jump start my sleeping cycle on the right path. The principles and techniques are all easy and quick to apply. Great that this book cam out just in time. I hate being awake late at night knowing I have other important things to do the next day. Thank you, Richard!

This book is simply fantastic because it went over numerous ways to improving sleep and better overall health, and the tips and solutions mentioned are effective and yet very easy to apply. Since I have purchased this book I have been sleeping like a baby and managed to cut back on cigarettes and coffee so overall this book saved me money!!

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