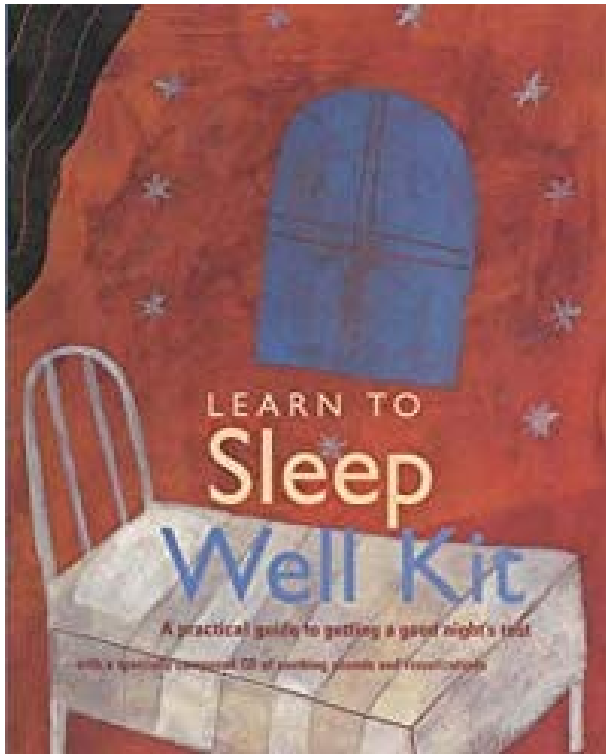


Learn to Sleep Well Kit: A Practical Guide to Getting a Good Night's Rest



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|--------------------------|---------------------------------|
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[Learn to Sleep Well Kit: A Practical Guide to Getting a Good Night's Rest.epub](#)

Learn to Sleep Well Kit gives sound advice on combatting tiredness, insomnia, nightmares and snoring as well as children's sleeping difficulties. Containing practical exercises to improve the quality of your night's rest and restore your health and energy levels, concentration and effectiveness. The CD features meditations, visualizations, specially composed sleep music and soothing sounds. This kit has everything you need for a better night's sleep.