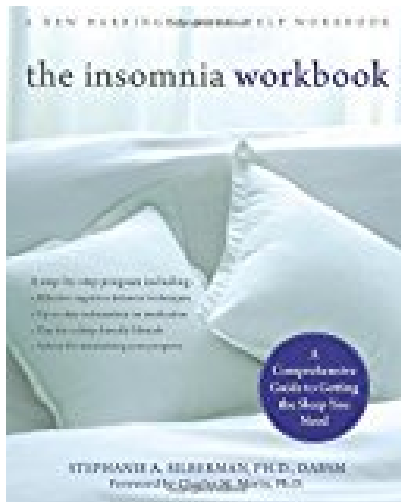


# The Insomnia Workbook A Comprehensive Guide to Getting the Sleep You Need

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## BOOK DETAILS

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- Publisher : New Harbinger Publications
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## BOOK SYNOPSIS

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