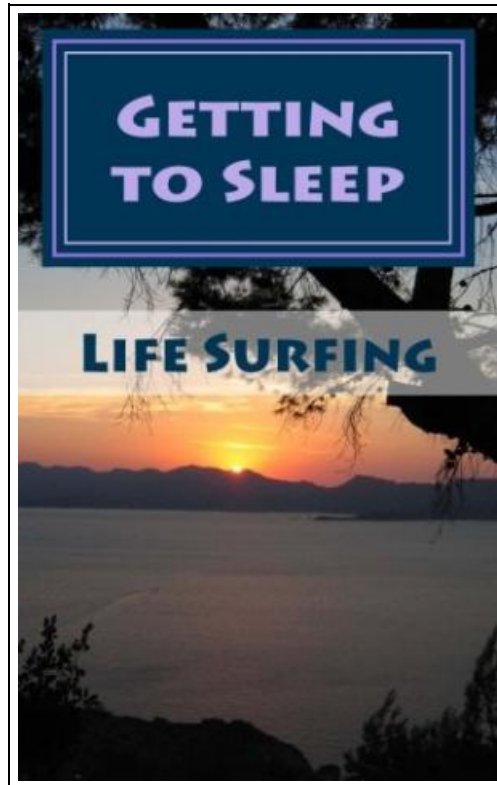


## Getting to Sleep: A Guide to Overcoming Stress-Related Sleep Problems



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

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