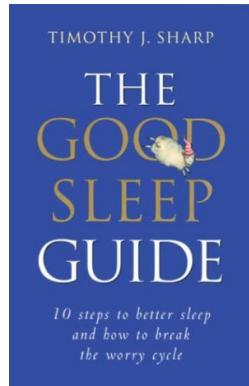


## The Good Sleep Guide: 10 Steps to Better Sleep and How to Break the Worry Cycle



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