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YOU CAN SLEEP WELL: CHANGE YOUR THINKING, CHANGE YOUR LIFE



Watkins Media. Paperback. Book Condition: new. BRAND NEW, You Can Sleep Well: Change Your Thinking, Change Your Life, Christopher Idzikowski, A healthy night's sleep is vital to your mental, physical and emotional well-being. But so many of us are struggling to switch off at night - whether we're worrying about money, anxious about a big meeting at work, or fretting over the performance of our football team. With more than 20 years of experience in sleep-related disorders, Professor Chris Idzikowski...

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- Authored by Christopher Idzikowski
- Released at -



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Reviews

This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

-- **Claud Schaden**

A must buy book if you need to adding benefit. This really is for all those who statte that there had not been a really worth looking at. Your daily life period will likely be change when you complete reading this publication.

-- **Veronica Hauck DVM**

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