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Getting to sleep simple, effective methods for falling and staying asleep, getting the rest you need, and awakening refreshed and renewed, Ellen Mohr Catalano, 1990, Health & Fitness, 203 pages.

Secrets of a Good Night's Sleep, John Selby, Mar 1, 1999, Health & Fitness, 128 pages. If you have trouble falling asleep or staying asleep, you're not alone. Almost one-third of the adult population shares your problem. Now John Selby, a clinical psychologist.

How to Get a Good Night's Sleep More Than 100 Ways You Can Improve Your Sleep, Richard Graber, Paul Gouin, Nov 20, 1995, Health & Fitness, 192 pages. This book will put its readers to sleep! Studies by the National Sleep Foundation reveal that 36 percent of American adults have sleep problems, resulting in behavior changes.


How to get a good night's sleep, Norman Ford, 2000, Health & Fitness, 342 pages.

Welcome to Your Brain Why You Lose Your Car Keys But Never Forget How to Drive and Other Puzzles of Everyday Life, Sandra Aamodt, Sam Wang, Mar 4, 2008, Medical, 220 pages. Challenges popular myths while drawing on recent findings in neuroscience to offer insight into how the human brain actually works, sharing additional information on a wide.

Relief from Insomnia Getting the Sleep of Your Dreams, Charles M. Morin, 1996, Health & Fitness, 207 pages. A complete self-management program for overcoming sleep disorders without medication discusses sleep patterns, the sources of insomnia, sleep problems for children and the.

Sleep Practical Ways to Restore Health Using Complementary Medicine, Adrian White, Edzard Ernst, Jun 30, 1999, Health & Fitness, 96 pages. This self-help guide will lead you through incredible array of sleep therapies until you arrive at the ones that succeed for you. Understand what insomnia is, and its possible.

Sink Into Sleep A Step-by-Step Workbook for Insomnia, Judith R. Davidson, Ph.D, Nov 17, 2012, Health & Fitness, 198 pages. Based on decades of research, it is now known that the most effective program for the reversal of chronic insomnia is called "Cognitive Behavioral Therapy for Insomnia" or CBT.

The power of the family strength, comfort, and healing, Paul Pearsall, 1990, Family & Relationships, 372 pages. Speaking to the need for a nurturing family, the author
demonstrates--using five families as examples--the unique healing potential that the family provides.

Stephen Holt M.D. provides natural pathways to healthy sleep with The sleep naturally plan combat insomnia without drugs, using lifestyle changes and nutritional support for sleep, Stephen Holt, 2003, Health & Fitness, 128 pages.

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Overcoming insomnia a medical program for problem sleepers, Donald R. Sweeney, Jan 1, 1989, Health & Fitness, 303 pages. Presents the latest scientific research on insomnia and offers state-of-the-art solution's, including methods of self-diagnosis and reassurance about counseling.

The Tranquilizing of America Pill Popping and the American Way of Life, Richard Hughes, Robert Brewin, 1979, Political Science, 326 pages. Takes a shocking look at America's legal addiction to prescription drugs and over-the-counter medicines and exposes the ways in which drug companies are pushing pills on the.

Joe Graedon's The new people's pharmacy drug breakthroughs for the '80s, Joe Graedon, Teresa Graedon, 1985, Health & Fitness, 427 pages. This guide to prescription and over-the-counter-drugs includes evaluations of name brand products, a drug interaction guide, and explanations of recent medical discoveries.

Hello midnight an insomniac's literary bedside companion, Deborah Bishop, David Levy, Jan 4, 2001, Health & Fitness, 240 pages. This lively collection of facts and fiction, quotations and quips, is designed to amuse, inform, and entertain the sleepless and distract them from the glare of the digital.
The Wrath of Hurricane Katrina, Robert D. Shangle, 2005, History, 64 pages. Presents photographs depicting the destructive impact of Hurricane Katrina on the Gulf Coast.


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Get Fit, Stay Well! with Behavior Change Logbook, Janet L. Hopson, Rebecca J. Donatelle, Tanya Littrell, Stephen L. Dodd, Apr 9, 2010, Health & Fitness, 496 pages. 0321721543 / 9780321721549
Get Fit, Stay Well! with Behavior Change Logbook Package consists of: 0321576578 / 9780321576576 Get Fit, Stay Well! 0805378448 / 9780805378443
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A woman's guide to financial security, Joyce Clarke, Sally Dickson, 1953, Business & Economics, 185 pages. Download The Sleep Rx: 75 Proven Ways to Get a Good Night's Sleep.
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Essential Technique for Strings - Cello Intermediate Technique Studies, Michael Allen, Allen Gilles, Jul 1, 1997, Music, 48 pages. Essential Technique for Strings is a book of studies to help the intermediate player develop the skills necessary for playing in an orchestra. Its flexible sequence allows you


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Raw Family Signature Dishes: A Step-by-Step Guide to Essential Live-Food Recipes, Victoria Boutenko, 2009, Cooking, 160 pages. A pioneering raw foods instructor shares favorite family recipes combined with hundreds of step-by-step photographs, in a guide that discusses the benefits of a raw food diet. "The strips in this treasury include almost everything published between the spring of 1981 and the fall of 1983" -- P. [2]. We continuously adorn the world and ourselves with throes and woes. Most of us are now longing in vain for a happy life, despite all the good things within our reach. We cannot. From author Adam Rex comes the first book in the Cold Cereal Saga, a hilarious, clever, and action-packed adventure series with an educational hook. Scottish Play

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Virtual Medical Office for Kinn's the Administrative Medical Assistant (User Guide and Access Code): An Applied Learning Approach, Alexandra Patricia Young, Alexandra Patricia Adams, 2010, Medical, 144 pages. Gain realistic experience in a physician's office without leaving the classroom! By using Elsevier's Virtual Medical Office learning system - an Elsevier textbook, a study

Introduction to Reliability Engineering, E. E. Lewis, Jan 16, 1987, Technology & Engineering, 400 pages. In a very readable manner, this text provides an integrated introduction to the theory and practice of reliability engineering from an interdisciplinary viewpoint. Reliability

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Walking Down a Street Named Grace, Lora Liles, Jul 12, 2013, Fiction. This book was based on the true story of a woman who found her way to life on the streets, through drugs and alcohol, and back again, transformed by the love of God and an

Winning with Options The Smart Way to Manage Portfolio Risk and Maximize Profit, Michael C. THOMSETT, Jan 23, 2008, Business & Economics, 256 pages. Options are an integral part of any financial portfolio, but they can be intimidating to the average investor. While often viewed as risky, the truth is that, if used properly

Post-Cold War Europe the loss of stability and the emergence of the extreme right, Eddie R. Howard, 1995, Political Science, 180 pages Prentice Hall PTR, 1994 Describes how negative thoughts affect brain processes, bodily functions, and overall physical health, along with ways to control negative thoughts and their consequences with. This book guides students through the legal writing process, from questions to final essays and problem answers. It examines how to dissect essay and problem questions and how.

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The True Blade of Power, R. L. LaFevers, May 30, 2006, Juvenile Fiction, 148 pages. In their ongoing attempt to destroy the power-hungry Lord Mordig, the young human Kenric of Penrith and his Fey and goblin friends unite to create an invincible sword to use in their battle.

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The Desire of Ages, Pacific Press Publishing Association, Ellen G White, Jan 1, 2006, 865 pages

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Under One Rock Bugs, Slugs, and Other Ughs, Anthony D. Fredericks, 2001, Juvenile Nonfiction, 32 pages. Provides information about the creatures living in the ground, such as worms and slugs, with poetic text and illustrations.

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