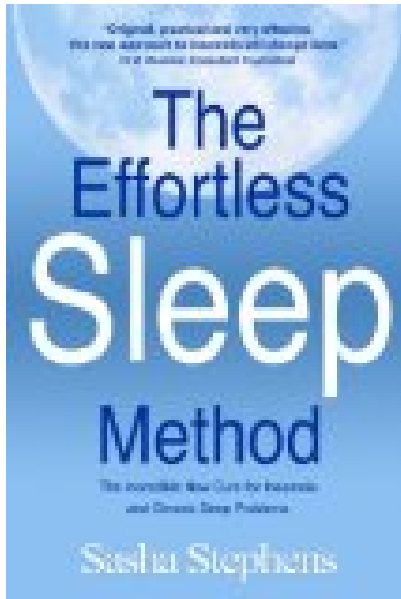


# The Effortless Sleep Method The Incredible New Cure for Insomnia and Chronic Sleep Problems

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## BOOK DETAILS

- Author : Sasha Stephens
- Pages : 186 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1456492543



## **BOOK SYNOPSIS**

The ability to sleep soundly, naturally and unaided is the desire of every chronic insomniac. This method will guide you to rediscovering your innate ability to sleep without pills, potions or external sleep aids.

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