



# How to Sleep Soundly Tonight: 250 Simple and Natural Ways to Prevent Sleeplessness

*Barbara L. Heller M.S.W.*

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Say goodnight to heavy lids and sluggish mornings! Getting a good night of sleep will boost your energy, brighten your mood, increase your productivity, and even lengthen your life span. With innovative ideas that range from preparing sleep-inducing foods and herbal baths to sleep-centered exercises and meditations, Barbara L. Heller offers a wide variety of proven techniques designed to help you fall asleep faster and stay asleep longer. Put a stop to your sleepless nights and enjoy the well-being that comes with a deep night's rest.

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Prevent Sleeplessness can to be your brand new friend when you're truly feel alone and confuse with what must you're doing of the time.

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