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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
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