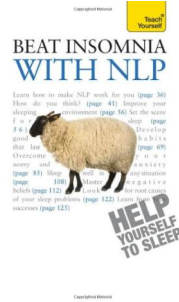


## Beat Insomnia with NLP: Neurolinguistic programming techniques to improve your sleep



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