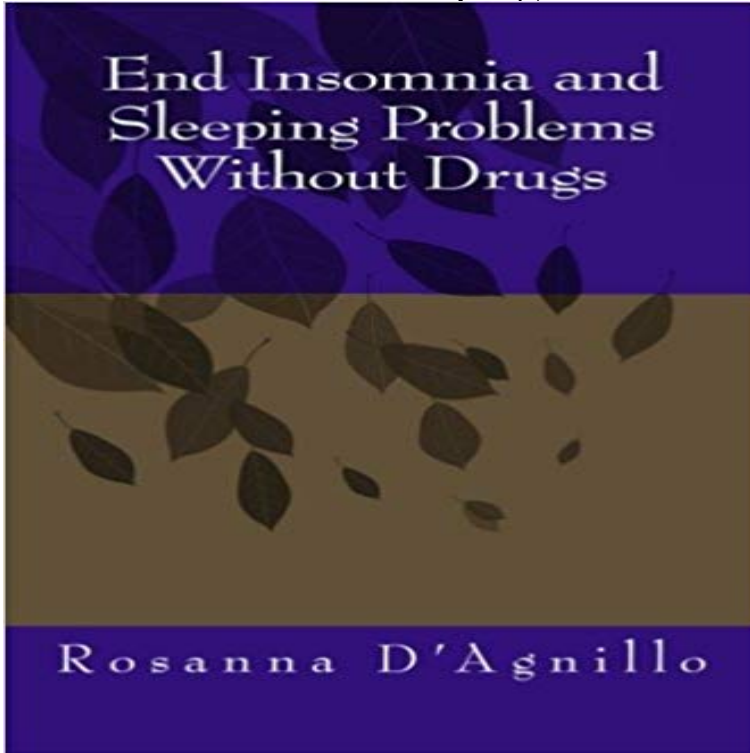


End Insomnia and Sleeping Problems Without Drugs



If you are not sleeping well, you are not alone: poor sleep is a growing problem worldwide. Insomnias impact on your health is severe and immediate, so take it seriously. Want to know why sleeping pills cant help you? Why your brain just wont shut down so you can rest? Author Rosanna D'Agnillo spent 15 years sleeping poorly, and 5 of those years with severe insomnia. This book chronicles her journey and drug-free steps out of the abyss of sleeplessness. Are you ready to make your sleep health a priority? This book guides you how to make the changes you need to restore healthy sleep patterns, without pharmaceuticals.

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