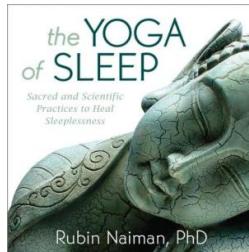


## The Yoga of Sleep: Sacred and Scientific Practices to Heal Sleeplessness



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