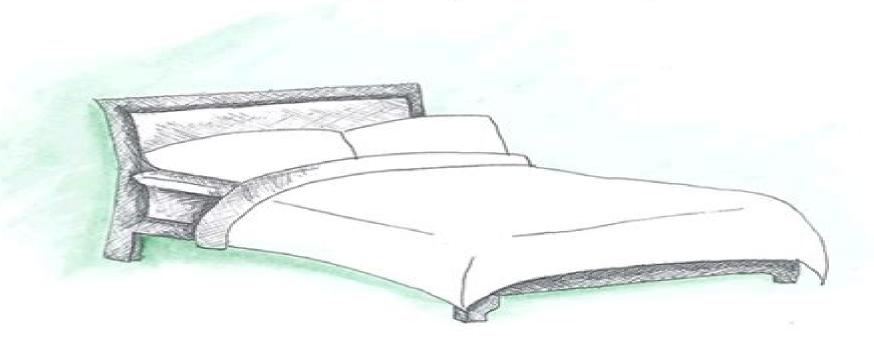
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# **Sleep Problems A Self Help Guide**

**Kenneth Aitken** 

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