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By Charles B. Inlander

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67 Ways To Good Sleep is a cute little booklet that contains a number of useful suggestions on how to change your sleeping habits for the better.

Cynthia k. moran (author of 67 ways to good sleep)

Cynthia K. Moran is the author of 67 Ways to Good Sleep (3.25 avg rating, 4 ratings, 1 review, published 1995), Stress (2.33 avg rating, 3 ratings, 0 rev

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Charles B. Inlander is president of the People's Medical Society, Good Morning America, Dateline NBC, 48 Hours,

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