

# Beating Insomnia

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It should be a very simple thing to go to sleep. How complex should something be that is an innate ability? It shouldn't take much effort at all. It's an inborn ability, along with other certain bodily functions. Overcoming insomnia may not be easy, but there is hope. Inside this book, we are going to explore the subject in depth to help you get a good night's sleep!

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