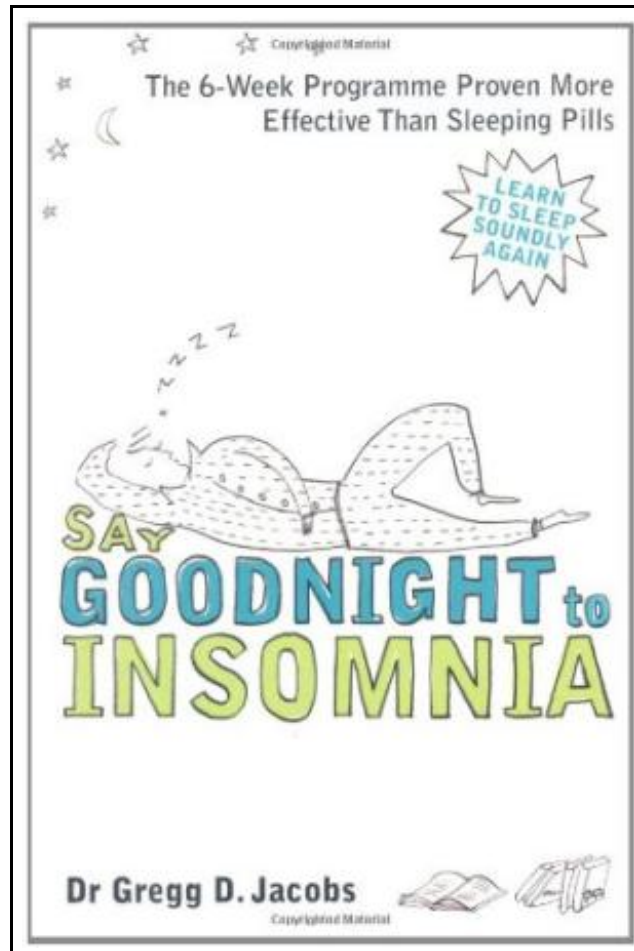


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SAY GOODNIGHT TO INSOMNIA: A DRUG-FREE PROGRAMME DEVELOPED AT HARVARD MEDICAL SCHOOL



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