

**Sleep Better**

**By Michael Reed Gach**

Sep 29, 2012 This is the summary of Sleep Better: Acupressure and Gentle Yoga Sessions You Can Use Anywhere by Michael Reed Gach (Author

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by Michael Reed Gach narrated by Michael Reed Gach. Book Rating: Sample; Rent From \$19.98; Buy ; Sleep Better: Acupressure by Michael Reed Gach narrated by

Michael Reed Gach received a B.A. degree from Immaculate Heart College in Social Relations and a Ph.D. from Columbia Pacific University in Health Sleep Better

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This audio CD aims to provide help in enabling you to sleep better through relaxing. The presenter is Michael Reed Gach, PhD, founder and director of The Acupressure

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Michael Reed Gach, Ph.D. Founder of the Acupressure.com & the Acupressure Mastery Program give an Acupressure Introduction & covers Acupressure for Depression, Stress

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Over 60 million Americans each year suffer from insomnia, which can lead to serious sleep deficits and health problems.

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Narrated By Michael Reed Gach; Overall In Sleep Better, Michael Reed Gach's soothing voice guides listeners into a good night's sleep by using simple techniques

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