

Sleep Better

By Michael Reed Gach

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experience with his
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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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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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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