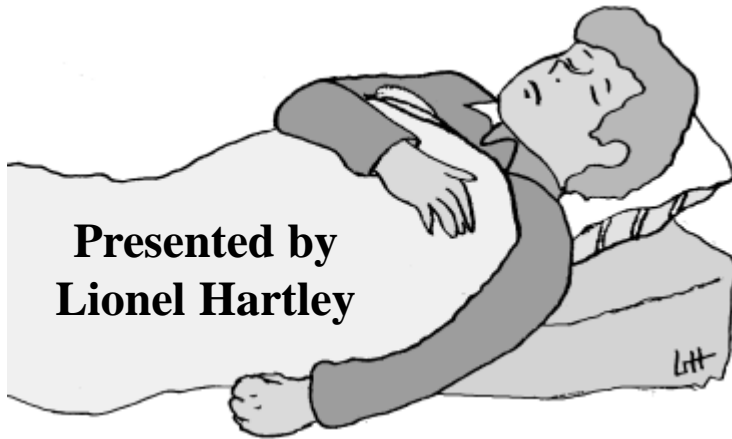


Sleep and Insomnia

Public Seminar

A selection of practical measures to help you to get to sleep easier and benefit the most from the sleep that you do have.

This material has been widely used in conjunction with Stress Management Seminars and incorporates both tested and proven techniques and accurate information.



**Presented by
Lionel Hartley**

This seminar is internet listed at www.geocities.com/info_seminars

