Sleep Better: Acupressure and Gentle Yoga Sessions You Can Use Anywhere

Over 60 million Americans each year suffer from insomnia, which can lead to serious sleep deficits and health problems. This self-healing program relieves insomnia by counteracting the stress that accumulates in the upper back, shoulder, and neck area. In Sleep Better, Michael Reed Gachs soothing voice guides listeners into a good nights sleep by using simple techniques that combine gentle stretching, self-acupressure, eye movements, and deep breathing exercises.

Michael Reed Gachs most popular book is Acupressures Potent Points: A Guide Sleep Better: Acupressure & Gentle Yoga Sessions You Can Use AnywhereSleep Better. Acupressure and Gentle Yoga Sessions You Can Use Anywhere By: Michael Reed Gach Narrated by: Michael Reed Gach Length: 1 hr ReleaseAcupressure and Gentle Yoga Sessions You Can Use Anywhere By: Michael Reed Gach Narrated by: Michael Reed Gach Length: 1 hr Unabridged - 15 secWatch Free Full PDF Downlaod Sleep Better Acupressure and Gentle Yoga Sessions You Can - 5 secDownload Sleep Better: Acupressure and Gentle Yoga Sessions You Can Use Anywhere Sleep Better: Acupressure and Gentle Yoga Sessions You Can Use Anywhere. 8. Januar 2004 Ungekurzte Ausgabe. von Michael Reed Gach und Sounds download and read sleep better acupressure and gentle yoga sessions you can use anywhere sleep better acupressure and gentle yogaSleep Better: Acupressure and Gentle Yoga Sessions You Can Use Anywhere. Unabridged. by Michael Reed Gach and Sounds TrueChoose from many titles of sleep solutions, stress relief, beginner meditation, success right inspirational guidance is enough to unlock the key to a completely better way of life. Acupressure & gentle yoga sessions you can use anywhere.Sleep Better. Acupressure & Gentle Yoga Sessions You Can Use Anywhere. $8.38. Details. Add to Wishlist Increase Vitality. Acupressure & Gentle YogaAcupressure & Gentle Yoga Sessions You Can Use Anywhere On Sleep Better, Michael Reed Gachs soothing voice guides listeners into a good nights sleepStress Relief: Acupressure & Gentle Yoga Sessions You Can Use Anywhere - Michael Reed Gach - ??????????????????????!????????