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By: Matthew Edlund

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This groundbreaking book takes a fresh look at the role that rest plays in the quality of your life, offering a proven program to enhance your health, help you look younger, and feel restored. The Power of Rest provides a low-cost, low-risk answer to some pressing health concerns, and is an important adjunct for those already investing time, energy, and money in their health. Readers interested in a new plan to help with sleep disruptions, fatigue, lack of zest, weight loss, or diabetes will find many helpful suggestions in The Power of Rest.

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