

Sleep To Be Sexy, Smart, And Slim By Ellen Michaud

By Ellen Michaud

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Ellen Michaud is the author of following books: - Blessed: Living a Grateful Life - The Healing Kitchen: - Sleep to be Sexy, Smart, and Slim - Listen to Your Body

Blessed: Living a Grateful Life by; Ellen Michaud; Add to List + Add to List + My B&N Library; She authored Sleep to be Sexy, Smart, and Slim,

Sleep to be Sexy, Smart, & Slim by Ellen Michaud - Based on interviews with more than 100 of the country's top sleep experts, Sleep to Be Sexy, Smart, and Slim

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Ellen Michaud is the author of The Healing Kitchen (3.94 avg rating, 16 ratings, 2 reviews, published 2005), Blessed (4.00 avg rating, 15 ratings,

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jet-lag is that zombie-like sensation which could be considered akin to the feeling of starting the day with no sleep be Sexy, Smart, and Slim by Ellen

Author: Ellen Michaud (Author), Mary Susan Esther (Foreword By) and Julie Bain (Contributor), Title: Sleep to be Sexy, Smart, and Slim (Hardcover), Category: Books

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occasions such as Mother's Day or a birthday, according to co-authors Ellen Michaud and Julie Bain in their new book *Sleep to Be Sexy, Smart, and Slim*