

BEDTIME STORIES



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a unique guided relaxation program for
falling asleep and entering the world of dreams

1. Introduction
2. Everyone Crosses into Sleep as a Child . . .
3. The Portal: The Giant Wardrobe
4. The Sleeping Beauty
5. The Meeting with Destiny
6. The Lion and the Mouse Fable
7. The Sandman Legend
8. Sleeping Hero Legends
9. The Jumping Mouse Tale
10. Winken, Blinken, and Nod