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### Straight Talk with Sandra Reich Archives Available

December 10th 2015: Sleep troubles? No more

Sandra is joined by Georgia Dow Co- Director of Anxiety-Videos to discuss one of the most common challenges patients complain of: lack of good sleep. Sandra and Georgia will give the latest research on how to get a really good night's sleep by setting yourself up to succeed. They will also review the many challenges that people face and how to cope accordingly. It promises to be a very helpful Straight Talk.

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Archives Available on VoiceAmerica Health and Wellness Channel

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### Featured Guest



#### Georgia Dow MA

Georgia Dow, MA specializes in treating anxiety and stress management for both children and adults as a top Psychotherapist at The Montreal Center for Anxiety and Depression. With over 20 years of experience in teaching and counselling-- Georgia has helped innumerable clients overcome anxiety successfully.

[Read more](#)

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