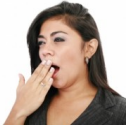


# Sleeping Beauty? by Mary Kane



Doctors and scientists report that most Americans are **sleep deprived**. While sleep is essential and beneficial for good health, there is a type of sleep that is detrimental—**spiritual sleep**. Please join me in our study to day, ***Sleeping Beauty***, by clicking on the link!

“Image courtesy of David Castillo Dominici / FreeDigitalPhotos.net”.