Master of Arts in Holistic Health Studies

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<th>___ Complementary and Integrative Therapies for the Management of Insomnia in Chronic Disease: An Applied Research Project</th>
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<td>Author’s Name:</td>
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<tr>
<td>5 or 6 Keywords Describing Your Project:</td>
<td>aromatherapy, chronic disease, insomnia, mindfulness meditation, relaxation and breathing techniques, yoga</td>
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