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## Master of Arts in Holistic Health Studies

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Title of thesis (please print):      Complementary and Integrative Therapies for the Management of Insomnia in Chronic Disease:  
An Applied Research Project

Author's Name: **(Last name, first name)** Sayner, Juliana; Benson, Lisa; McKinley, Mary; Anderson, Nicole

5 or 6 Keywords Describing Your Project: aromatherapy, chronic disease, insomnia, mindfulness meditation, relaxation and breathing techniques, yoga

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