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Intermedial Studies Jørgen Bruhn, Beate Schirrmacher, 2021-11-17 Intermedial Studies provides a concise hands on introduction to the analysis of a broad array of texts from a variety of media including literature film music performance news and videogames addressing fiction and non fiction mass media and social media The detailed introduction offers a short history of the field and outlines the main theoretical approaches to the field Part I explains the approach examining and exemplifying the dimensions that construct every media product The following sections offer practical examples and case studies using many examples which will be familiar to students from Sherlock Holmes and football to news vlogs and videogames This book is the only textbook taking both a theoretical and practical approach to intermedial studies The book will be of use to students from a variety of disciplines looking at any form of adaptation from comparative literature to film adaptations fan fictions and spoken performances The book equips students with the language and understanding to confidently and competently apply their own intermedial analysis to any text

Own Your Space Alexandra Gater, 2023-04-25 DIY YouTuber Alexandra Gater shows you how to creatively inexpensively and beautifully decorate your space in this inviting and accessible definitive guide to decor ideas for renters and new homeowners alike Alexandra Gater represents a new generation of apartment therapists who are teaching people how to make a great home at any size with any budget Her new book is an absolute gift that is not only beautiful and approachable it is so comprehensive you'll read it refer to it and keep it under your pillow at night Maxwell Ryan founder of Apartment Therapy Have you ever wondered what to do about the Renter Beige walls in your apartment Have you ever thought you'd wait to upgrade that sofa from your grandparents basement until you had a place of your own and then found yourself spiraling with questions like Will I ever own a house Have you bought a new home but now have little money left over to spruce it up And how can you make those outdated appliances and cabinets in your kitchen look better without breaking your budget Alexandra Gater is here to help Through her online home decorating series the YouTube star and decor expert has

taught millions how to transform their spaces into the homes of their dreams Whether struggling with the limits of living in a rental how do you hang things without putting holes in the wall or living in a new home how can you make that outdated backsplash work for you Alexandra has the answer In Own Your Space she offers tips and tricks covering everything from making your home smell better to essential kitchen utensils And best of all you get to know her better along the way gorgeously designed full of practical advice DIY and fun anecdotes and packed with approximately 300 four color photographs Own Your Space will help you turn your apartment or starter house into the place you want it to be Vanity Fair ,2016 **The Ladies' Home Journal** ,2009 *The New York Times Magazine* ,2008 **Ladies' Home Journal** ,2009 **The Spectator** ,2007 **Signal to Noise** ,2007 Vibe ,2007-07 **Time** ,2009 The Hollywood Reporter ,2006 **Better Sleep, Tonight 7 Proven Hacks to Fall Asleep in 15 Minutes or Less** Grandpa B. ,2025-09-11 Better Sleep Tonight 7 Proven Hacks to Fall Asleep in 15 Minutes or Less Are you tired of tossing and turning at 2 a m Do racing thoughts keep you awake long after your body begs for rest You re not alone and you re not broken At 85 years old author Grandpa B has spent decades testing and refining simple practical methods to calm the mind relax the body and invite restful sleep This mini book is the first in the series Grandpa B s Life Hacks a collection of short guides designed to solve everyday problems with proven no nonsense solutions Inside you ll discover A 5 minute Reset Ritual to end the day and prepare for rest The powerful 4 7 8 Breathing Hack to slow your thoughts Clever tricks to flip your brain s natural sleep switch Quick room resets to transform your bedroom into a sanctuary A Mind Dump exercise to clear away mental clutter The calming power of sound nature white noise and more A 7 day plan to reset your nights and reclaim your energy No gimmicks No complicated science Just real world techniques that work starting tonight If you re ready to wake up refreshed focused and full of energy this book will give you the tools Better Sleep Tonight is more than a guide it s your first step toward better sleep every night **Eat Sleep Work Repeat** Bruce Daisley,2020-02-25 An important reminder of simple everyday practices to improve how we all work together which will lead to greater team and individual happiness and performance Great results will follow Jack Dorsey CEO of Twitter and Square With just 30 changes you can transform your work experience from bland and boring or worse to fulfilling fun and even joyful Daniel Pink author of When and Drive The vice president of Twitter Europe and host of the top business podcast Eat Sleep Work Repeat offers thirty smart research based hacks for bringing joy and fun back into our burned out uninspired work lives How does a lunch break spark a burst of productivity Can a team s performance be improved simply by moving the location of the coffee maker Why are meetings so often a waste of time and how can a walking meeting actually get decisions made As an executive with decades of management experience at top Silicon Valley companies including YouTube Google and Twitter Bruce Daisley has given a lot of thought to what makes a workforce productive and what factors can improve the workplace to benefit a company s employees customers and bottom line In his debut book he shares what he s discovered offering practical often

counterintuitive insights and solutions for reinvigorating work to give us more meaning productivity and joy at the office A Gallup survey of global workers revealed shocking news only 13% of employees are engaged in their jobs This means that burn out and unhappiness at work are a reality for the vast majority of workers Managers and employees themselves can make work better Eat Sleep Work Repeat shows them how offering more than two dozen research backed user friendly strategies including Go to Lunch it makes you less tired over the weekend Suggest a Tea Break it increases team cohesiveness and productivity Conduct a Pre Mortem foreseeing possible issues can prevent problems and creates a spirit of curiosity and inquisitiveness Let s start enjoying our jobs again Daisley insists It s time to rediscover the joy of work

7-Day Sleep Challenge Challenge Self,2019-02-11 Take Your 7 Day Sleep Challenge Sleep Better In 7 Days Why are you reading this Because You want to fall asleep faster and stay asleep every night You want to cure insomnia that is disrupting your sleep cycle You want to stop feeling tired all the time from sleep deprivation You want to not use sleep medications but opt for natural methods You want to improve your focus and productivity throughout the day The average adults need around 7 9 hours of sleep each night according to the National Sleep Foundation Sadly many get far less than that bare minimum and it s affecting their lives negatively and decreasing their ability to function properly The truth is roughly 70 million people in the United States alone are already suffering from some kinds of sleep disorders and that number is only going to rise to a staggering 100 million by the middle of the 21st century What are the causes of all these sleep problems There are many factors involved Typically they can stem from an increasingly unhealthy and unbalanced modern lifestyle related to demanding overwork bad habits neglected responsibilities excessive distractions etc all competing for our attention and time Some are even innate especially for those who have been experiencing chronic sleeping issues their entire lives Regardless what matters is what you can do about it In the conventional sense there are medications to diagnose sleep disorders but it goes without saying there are potentials for side effects dependence harm and even death from accidental overdose That s why you should take a more holistic approach to restore the natural balance in your body and life by addressing the issue at the core rather than put a band aid over the symptom with some pills that carry unknown long term consequences There is an underlying source attributing to your sleep problems and that is exactly what the 7 Day Sleep Challenge will tackle head on in only a week You ll get practical applications and strategies that are both hands on and effective including Sleep aid hacks using scents sounds lighting air and temperature Custom detailed plan to follow to ritualistically get ready for bed Behavior modifications for establishing new sleeping patterns All of these things and many more are simple to do and will dramatically improve the quality of your sleep So are you ready to accept your 7 Day Sleep Challenge Then waste no more previous time staying awake Time to relax and enjoy a rejuvenating sleep now and good night Sleep Hacker Transcend Your Limits,2022-02-21 Your sleep is broken The chances are you re NOT sleeping as well as you could In fact MOST of us just aren t sleeping as well as we could be and this is showing up in various forms People are feeling too tired to work

depressed and weak throughout the day And this is usually one or two things that you re doing WRONG that are stopping your body entering the deep sleep stage it needs to restore and recover Over the last few years I ve collected several highly effective sleep hacks and tricks that you could use to sleep BETTER These things work and they work fast SLEEP BETTER We ve collected dozens of tips bits of information and methods or techniques for improving your sleep and going to sleep faster FEEL BETTER If you practice these techniques you ll fall asleep better and feel much better in the morning Lots of people complain of not getting enough sleep or not sleeping well enough so we ve collected the tips that can help you SLEEP FASTER Another common concern is people can t seem to fall asleep FAST enough so we ve collected some information on how to fall asleep faster and with less effort as well Overcome your bad sleep habits and finally feel good when you wake up in the morning We ve spent months collecting the best and most effective tips and tricks for sleeping better so you can enjoy your life more Scroll up or down and order your copy now and get started improving your sleep SLEEP IS IMPORTANT It s been shown that if you get better quality sleep everything else becomes easier You ll have more energy You won t need naps during the day You ll recover from exercise faster Your immune system will be boosted You ll be less likely to get or stay depressed You ll be more creative There are LITERALLY thousands of benefits of getting better sleep So I ve created the ultimate guide Sleep Hacker Sleep Hacker contains over 50 powerful sleep hacks that you can use to improve your sleep and feel better These things have been tried and tested by many people and work fast for almost everyone What you ll learn in Sleep Hacker Why your body actually needs sleep and what happens when you don t get enough How your mattress position and settings really make a big difference to how well your body is able to sleep It s not what you expect How raising your bed a few inches at the headboard end can supercharge digestion and immune regeneration and impact your dreams How to wake up at ANY TIME every morning WITHOUT an alarm clock and WITHOUT feeling tired This is so useful and you ll be able to DECIDE how to live your mornings now How to reset your natural body clock in one simple process It s a challenge but it WORKS A natural and effective way to stop snoring so you can experience less sleep disturbances in less than a week The powerful form of yoga that makes falling asleep seem like a walk in the park so you can stop wasting hours trying to fall asleep Why you need to STOP napping if you want to get the most out of your sleep time This is another thing most people get wrong Finally the ACTUAL best sleep posture explained and why most people get this WRONG A strange type of soundwave audio that you can listen to that will practically sedate and soothe you to sleep in less than 9 minutes Over 50 unusual strange sleep tips explained in great detail I don t want to give away too much here **Insomnia** Peter Cook,2020-05-18 Improve the Quality of Your Sleep Learn 84 sleep hacks to fall asleep fast sleep better and wake up feeling rested If you re having trouble sleeping this is the best place to get started Get Your Copy of Insomnia 84 Sleep Hacks Sleep is weird don t you think For about one third of every day you lie down with your eyes closed while your system shuts down Yet without sufficient sleep we wouldn t be able to Get stuff done Remember things or even Feel fit and healthy All the

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used the strategies contained within it to transform their lives and the latest cutting edge scientific studies you will discover in this book How to live longer by sleeping better How to adjust your bedtime to match your inner circadian rhythm for deeper more fruitful sleep Why you cannot get rid of that extra weight and how you can speed up your weight loss goals by developing optimal sleeping habits A bedtime ritual that is guaranteed to boost your sleep quality by as much as 50% within two weeks How to travel around the world without the inconvenience and fear of jetlag How to change your life around boost performance and build healthier relationships by changing your sleeping habits Yes I know exactly how frustrating it can be not to be able to sleep as well as you want and how hard restoring good sleeping habits can be With this book in hand you will have all the tools in hand to optimize your sleep for better sleep greater happiness peak performance Learn how to sleep like a baby today by clicking on the Add to Cart button [How to Sleep Like You Actually Have Time For It](#) Johnny Reus, How to Sleep Like You Actually Have Time For It is the brutally relatable darkly funny survival guide for anyone who knows they should sleep better but never does From late night doomscrolling to noisy neighbors existential dread at 3 AM and the delusion of just going to bed early this book calls out all the ways modern life conspires to keep you awake Written for skeptical sleep deprived people who've tried every app pillow spray and guided meditation and still wake up exhausted it's part confessional part roast and part permission slip to stop feeling so guilty about being tired all the time Laugh at your worst habits Feel seen Pick up a few tiny tips you might actually try Then close the book put down your phone and maybe just maybe catch an extra hour of rest tonight Or don't You're doing your best

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