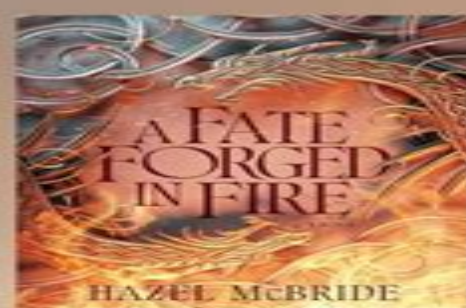


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night or simply wake up tired and restless this book can help you optimize your sleep We hope that you will consider this book as a valuable resource that will help you get better sleep and feel better Let s now begin to discover the top ten hacks for better sleep *Let's Talk Sleep* Adam Rush,2017-08-09 Do you want to feel energetic sharp and productive all the time Do you want to look better have better memory and higher sex drive Of course you do Sleep is the solution If you suffer from insomnia or sleep deficiency this book will provide some tips tricks and hacks that can help you fall asleep faster and get better quality sleep This book will teach you The benefits of sleeping Why we sleep The stages of sleep How meditation and mindfulness can help you sleep better How to take advantage of your circadian clock Improving your sleep hygiene How sleep affects your hormones Foods supplements and hacks that can improve your sleep The best apps and products for quality sleep *Insomniac Freak: Sleep Like a Baby and Wake Like a Champion* Marianne Meeder,2018-09-18 This is a life coaching and motivational book about crossing over from insomnia stress sleep deprivation and sleep problems into the land of sweet sleep and being able to sleep like a baby It is based on the premise that sleep is a barometer of emotional health so looking at negative emotions such as anxiety or fear setbacks failures unfulfilled dreams and ambitions can help the reader to find peace with the inner demons that may be keeping them up at night It is written by a business coach who began with the problem and used every intuition to take back their own life and find inner greatness again It is great for anyone looking to achieve life balance make changes in their lives and be empowered to find their destiny It is a book about making a comeback in every area of life such as health personal relationships business career romance and fitness It looks at the principles of vulnerability synergy and accountability to heal the areas of life out of balance or broken It contains sleep hacks to improve sleep and motivation to make major life changes It has short chapters and is written in more of a journal format

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