

Fast Asleep Wide Awake Discover The Secrets Of Restorative Sleep And Vibrant Energy

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Tired But Wired - Nerina Ramlakhan 2023-06

'An authority on sleep and stress' Mail on Sunday Not sleeping well and waking up tired? Can't sleep at all? This guide will help you understand and overcome sleep problems to have the energy you need for the life you want. **Tired But Wired** offers Dr Nerina Ramlakhan's proven Sleep Toolkit, which has helped thousands of people - from burnt-out executives to mothers struggling with the demands of a job and children - to get better sleep. Hectic lives and modern living directly impact our ability to sleep well but, overturning the myth that you need eight solid hours every night, Dr Ramlakhan says that you really need fewer hours of quality restorative sleep, and shows you how to get it. With practical steps towards changing your lifestyle to find better quality sleep, more vitality and an inner equilibrium that is physically and emotionally revitalising, **Tired But Wired** explains the science behind sleep and how to find your natural sleep rhythms. Providing the Sleep Toolkit Programme that anyone can use, adjusting it for your own lifestyle, needs and personality, it delivers the essential habits and routines you need for brilliant sleep.

[Lady Damer's Secret](#) - Charlotte M. Brame 1897

The Secret of Cliff Castle - Enid Blyton 2022-08-01

DigiCat Publishing presents to you this special edition of "The Secret of Cliff Castle" by Enid Blyton. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature.

The Mystery of Sleep - Meir Kryger 2017-03-21

An authoritative and accessible guide to what happens when we shut our eyes at night We spend a third of our lives in bed, but how much do we really understand about how sleep affects us? In the past forty years, scientists have discovered that our sleep (or lack of it) can affect nearly every aspect of our waking lives. Poor sleep could be a sign of a disease, the result of a vitamin or iron deficiency, or the cause of numerous other problems, both sleeping and waking. Yet many people, even medical personnel, are unaware of the dangers of poor sleep. Enter Dr. Meir Kryger, a world authority on the science of sleep, with a comprehensive guide to the mysteries of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice. Everyone needs a good night's sleep, and many of us will experience some difficulty sleeping or staying awake over the course of our lifetimes (or know someone who does). Kryger's comprehensive text is a much-needed resource for insomniacs; for those who snore, can't stay awake, or experience disturbing dreams; and for the simply curious. Uniquely wide ranging, **The Mystery of Sleep** is more than a handbook; it is a guide to the world of sleep and the mysterious disorders that affect it.

[The Secret Life of Wilkie Collins](#) - William Malpas Clarke 1991

Examines the elusive private life of the nineteenth-century mystery writer, based on recollections handed down by his descendants

Dreaming on Both Sides of the Brain - Doris E. Cohen 2017-11-01

A dream is not just white noise or something that happens to you while you sleep. Dreams are the secret language of your unconscious. This book will teach you how to: Unlock the secrets of your personal dream language Explore and interpret the meaning of your dreams Harness the power of the brain to uncover a life of greater richness and meaning So often when we awake we find that our dreams have either evaporated like mist or seem to be just on the edge of our memory. Many people cannot recall their dreams at all. Cohen has developed a 7-step process

to let you tap into the rich repository of your subconscious: Recall and record. Title your dream. Read or repeat aloud. Consider what is uppermost in your life right now. Describe your dream's objects and qualities as if you were talking to a Martian. Summarize the message from the unconscious. Consider the dream's guidance for waking life. Drawing on years of clinical experience and her familiarity with Freud, myth, and sacred writings, Cohen presents a program that results in a life of abundance, texture, and self-awareness.

The Secret (Seasons of Grace Book #1) - Beverly Lewis 2009-05-01

The loving hand of God is at work in even the most unsettling circumstances... In the seemingly ordinary Amish home of Grace Byler, secrets abound. Why does her mother weep and wander deep in the night? And why does her father refuse to admit something is dreadfully wrong? Then, in one startling moment, the quiet life Grace has known is irrevocably altered, leaving her to question all she has been taught about love, family, and commitment. "No one does Amish-based inspirational better than Lewis." Booklist

What Does This Look Like in the Classroom? - Carl Hendrick 2017-09-26

Educators in the UK and around the world are uniting behind the need for the profession to have access to more high-quality research and evidence to do their job more effectively. But every year thousands of research papers are published, some of which contradict each other. How can busy teachers know which research is worth investing time in reading and understanding? And how easily is that academic research translated into excellent practice in the classroom In this thorough, enlightening and comprehensive book, Carl Hendrick and Robin Macpherson ask 18 of today's leading educational thinkers to distill the most up-to-date research into effective classroom practice in 10 of the most important areas of teaching. The result is a fascinating manual that will benefit every single teacher in every single school, in all four corners of the globe.

Fast Asleep, Wide Awake: Discover the secrets of restorative sleep and vibrant energy - Dr Nerina Ramlakhan 2016-08-11

A powerful methodology to help you switch on your body's innate ability to sleep well and how to build extraordinary energy.

The Ladies of the Secret Circus - Constance Sayers 2021-03-23

From the author of *A Witch in Time* comes a magical story spanning from Jazz Age Paris to modern-day America of family secrets, sacrifice, and lost love set against the backdrop of a mysterious circus. Paris, 1925: To enter the Secret Circus is to enter a world of wonder—a world where women weave illusions of magnificent beasts, carousels take you back in time, and trapeze artists float across the sky. Bound to her family's circus, it's the only world Cecile Cabot knows until she meets a charismatic young painter and embarks on a passionate affair that could cost her everything. Virginia, 2004: Lara Barnes is on top of the world until her fiancé disappears on their wedding day. When her desperate search for answers unexpectedly leads to her great-grandmother's journals, Lara is swept into a story of a dark circus and ill-fated love. Soon secrets about Lara's family history begin to come to light, revealing a curse that has been claiming payment from the women in her family for generations. A curse that might be tied to her fiancé's mysterious disappearance Praise for *The Ladies of the Secret Circus*: "At times decadent and macabre, *The Ladies of the Secret Circus* is a mesmerizing tale of love, treachery, and depraved magic percolating through four generations of Cabot women." —Luanne G. Smith, author of *The Vine Witch* "Fans of Erin Morgenstern's *The Night Circus* will love this page-turning story of dark magic, star-crossed love, and familial sacrifice." —Publishers Weekly (starred review) "Ambitious and teeming with

magic, Sayers creates a fascinating mix of art, The Belle Époque, and more than a little murder.” —Erika Swyler, author of *The Book of Speculation* For more from Constance Sayers, check out *A Witch in Time*.

The Texan's Little Secret - Barbara White Daille 2014-08-01

Book 3 of the Texas Rodeo Barons Hiding The Truth Coming home might be the worst decision Carly Baron has ever made. Each minute on her family's busy ranch is one minute closer to seeing him—her first love—the man who broke her heart seven years ago. While coming face-to-face with Luke Nobel again brings back painful memories, Carly quickly realizes there are other strong feelings just under the surface.... Luke would be a lot better off if Carly had stayed away. Being a single dad to an adorable two-year-old girl and managing the Roughneck is tough enough, but resisting the sparks that fly whenever he and Carly are together is near impossible. But first she must tell him her secret. The truth could heal their past...or forever destroy their chances of becoming a family.

Sleep and Aging - Mark P. Mattson 2005-06-20

Alterations in sleep are common manifestations of aging that can lead to significant health problems and contribute to behavioural problems associated with age-related neurodegenerative disorders such as Alzheimer's and Parkinson's diseases. Recent advances have revealed key cellular and molecular mechanisms involved in sleep regulation, and this knowledge is helping to advance an understanding of both the normal functions of sleep and the mechanisms responsible for abnormalities in sleep in various neurological conditions and during normal aging. This volume of *Advances in Cell Aging and Gerontology* brings together chapters by leaders in the fields of sleep research and the neurobiology of aging. The book starts with chapters describing fundamental aspects of the neurocircuitry involved in sleep, patterns of brain activity during the different stages of sleep and disturbances of sleep during aging. The links between depression, anxiety and insomnia are reviewed in regards to the underlying neurochemical alterations that appear to involve abnormalities in neurotransmitter and neurotrophic factor signalling. The evolutionary basis of sleep is reviewed and the emerging evidence supporting a major role for sleep in learning and memory is described. The bulk of the book focuses on specific sleep disorders associated with aging and age-related neurodegenerative disorders. A comprehensive consideration of this topic is woven through a number of chapters that address both basic research and clinical aspects of sleep abnormalities during aging and in disease. The impact of sleep on the immune system is described. The articles are written in a high level of detail and are comprehensive, thus providing valuable information for a range of scientists and other well-educated people. In particular, the book will be a valuable resource for graduate students, postdoctoral and senior scientists in the fields of sleep, aging, neurodegenerative disorders and learning and memory. In addition, clinicians will find this book valuable as it provides a bridge between basic research and the treatment of the patients with sleep disorders. * Covers the fields of sleep in aging and age-related disease from neurochemistry to the clinic * Includes detailed summary diagrams that depict key concepts * Provides views of the future of research on sleep and aging, and the potential for prevention and treatment of various sleep disorders

The Secret of Dreams - Yacki Raizizun 2019-11-29

"The Secret of Dreams" by Yacki Raizizun. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

The Secret Life of Sleep - Kat Duff 2014-03-18

Citing a high percentage of Americans who routinely experience sleep problems or shortages, draws on a wide range of disciplines to reveal the healing benefits of sleep and argue for its prioritizing.

Assassin of Secrets - Q.R. Markham 2011-11-03

An elite spy risks his biggest asset to defeat an insidious international organization hell-bent on selling the most sensitive state secrets to the highest bidder. Jonathan Chase, the CIA's top field agent, is sworn to protect and serve the United States at all costs. But after a brutal period of captivity during the Korean War, Chase developed an agenda of his own: to use his mastery of war to create peace. His new target: the Zero Directorate, a cabal of rogue assassins who have embarked on a campaign to systematically interrogate and kill seasoned secret agents

from across the globe. But the Directorate has set an elaborate trap, and for Chase the whole mission involves an inescapable paradox. As the world's preeminent operative, the closer he gets to the cabal, the closer the cabal gets to their primary target.

Brain Trust - Garth Sundem 2012-03-06

Blind Them...with SCIENCE! How much better would your life be if you had an army of Nobel Laureates, MacArthur 'geniuses' and National Medal of Science winners whispering tips in your ear about your body language, or how to resist that impulse purchase you'll regret tomorrow, or when to sell your car—or even helping you trick your spouse into doing the dishes? With this mighty little tome, you can have the next best thing--because Brain Trust is packed with bite-sized scientific wisdom on our everyday challenges, hand-delivered to you direct from the galaxy's biggest brains. Based entirely on interviews with an incredible lineup of luminaries from the fields of neuroscience, economics, anthropology, music, mathematics, and more, Brain Trust is full of cutting-edge science that'll help you see the real world better—and smarter. Discover: --what advanced math can teach you about getting all your chores done today --how creating a 'future self' can help you shop smarter at the grocery store --what prairie voles can teach us about love --how the science of happiness can help you trick lawyers into doing charity work --the components of gullibility, and how they can help you scam-proof yourself --the secrets to building your very own army of cyborg beetles --how memetic information can help you exploit altruism for good...or evil --why eating for eight hours can help you lose weight --the behavioral economics behind selling your junk for big bucks on eBay --how to get more pleasure for less price ...And much, much more.

The Secret Life of Pets 2 Junior Novelization (The Secret Life of Pets 2) - David Lewman 2019-06-11

Reexperience the whole story of *The Secret Life of Pets 2*--in theaters June 7, 2019--with *The Secret Life of Pets 2: The Junior Novelization!* *The Secret Life of Pets 2: The Junior Novelization* retells the whole story of Max, Gidget, Duke, and all of the pet co-stars. This paperback edition features eight pages of full-color images from the movie, and is a great read for boys and girls ages 8 and up. *The Secret Life of Pets 2* picks up where the summer 2016 blockbuster--about the lives our pets lead after we leave for work or school each day--left off. The film will see the return of writer Brian Lynch (*Minions*) and director Chris Renaud (*The Secret Life of Pets*, *Despicable Me* series, *Dr. Seuss' The Lorax*).

Half Asleep in Frog Pajamas - Tom Robbins 2003-06-17

When the stock market crashes on the Thursday before Easter, you—an ambitious, although ineffectual and not entirely ethical young broker—are convinced that you're facing the Weekend from Hell. Before the market reopens on Monday, you're going to have to scramble and scheme to cover your butt, but there's no way you can anticipate the baffling disappearance of a 300-pound psychic, the fall from grace of a born-again monkey, or the intrusion in your life of a tattooed stranger intent on blowing your mind and most of your fuses. Over these fateful three days, you will be forced to confront everything from mysterious African rituals to legendary amphibians, from tarot-card bombshells to street violence, from your own sexuality to outer space. This is, after all, a Tom Robbins novel—and the author has never been in finer form.

Outlook - Alfred Emanuel Smith 1872

The Secret of the Ages - Robert Collier 1948

Annotated Secret Garden - Frances Hodgson Burnett 2007-10-09

A ten-year-old orphan comes to live in a lonely house on the Yorkshire moors where she discovers an invalid cousin and the mysteries of a locked garden, in a volume that is complemented by annotations and illustrations.

Wild Awake - Hilary T Smith 2013-11-01

Things you earnestly believe will happen while your parents are away: 1. You will remember to water the azaleas. 2. You will take detailed, accurate messages. 3. You will call your older brother, Denny, if even the slightest thing goes wrong. 4. You and your best friend/bandmate Lukas will win Battle of the Bands. 5. Amid the thrill of victory, Lukas will finally realize you are the girl of his dreams. Things that actually happen: 1. A stranger calls who says he knew your sister. 2. He says he has her stuff. 3. What stuff? Her stuff. 4. You tell him your parents won't be able to— 5. Sukey died five years ago; can't he— 6. You pick up a pen. 7. You scribble down the address. 8. You get on your bike and go. 9. Things . . . get a little crazy after that.* *also, you fall in love, but not with Lukas. Both exhilarating and wrenching, Hilary T. Smith's debut novel captures the messy glory of being alive, as seventeen-year-old Kiri Byrd discovers

love, loss, chaos, and murder woven into a summer of music, madness, piercing heartbreak, and intoxicating joy.

Secrets - Enid Blyton 2016-07-01

Welcome to Malory Towers, where there's more to life than lessons! Mischievous Daffy loves playing tricks, but when she goes too far, there are a few shocks and surprises in store . . . Meanwhile, there's something so familiar about new pupil Alice. The girls are certain they've met her before - could she be hiding a secret? Between 1946 and 1951, Enid Blyton wrote six novels set at Malory Towers. Books 7-12 are authorised sequels of the series written by Pamela Cox in 2009 and focus on the adventures of Felicity Rivers, Susan Blake, and June Johns. This edition is unillustrated. * Malory Towers ®, Enid Blyton ® and Enid Blyton's signature are registered trade marks of Hodder & Stoughton Limited. No trade mark or copyrighted material may be reproduced without the express written permission of the trade mark and copyright owner.

Asleep - Molly Caldwell Crosby 2010-03-02

A fascinating look at a bizarre, forgotten epidemic from the national bestselling author of *The American Plague*. In 1918, a world war raged, and a lethal strain of influenza circled the globe. In the midst of all this death, a bizarre disease appeared in Europe. Eventually known as encephalitis lethargica, or sleeping sickness, it spread worldwide, leaving millions dead or locked in institutions. Then, in 1927, it disappeared as suddenly as it arrived. *Asleep*, set in 1920s and '30s New York, follows a group of neurologists through hospitals and asylums as they try to solve this epidemic and treat its victims—who learned the worst fate was not dying of it, but surviving it.

The Secret of the Locked Room - Jui Andhare 2020-09-29

About the Book: It was past midnight, all the residents of the house were fast asleep. Nadia was wide awake, thinking hard about how to get inside that room. Taking the candle stand in her hand, she tiptoes towards the room. The corridor looked eerie and Nadia's candle provided a luminous glow. She approaches the door and was surprised to find a faint light coming from below the door. What if Yelena was inside? She peeks through the large keyhole trying to pan her eyesight across the room. Nothing. It seemed like an empty space of a room. I wonder what was so secretive about an empty room? A thought crossed her mind. Had she indeed seen all that there was to see? About the Author: Jui Andhare is a media professional, a home-maker and a mother to two restless toddlers. Although Jui would love to sit all day and write stories but a busy mom's life in the United States refrains her from doing so! Jui has a background of working with the best of media companies and is now pursuing her Masters degree in management from a renowned business college in Pennsylvania, USA. *The Secret of the Locked Room* is her second book and she has drawn inspiration from all the mystery books she read as a child, which is what essentially attracted her to mysteries and thrillers. *The Secret of the Locked Room* is an ode to the love of mysteries.

The Governess's Secret Longing - Elizabeth Beacon 2020-12-01

Prim and professional But with a forbidden yearning For governess Viola Yelverton, the only man who's stirred in her a passionate desire is her rakish employer, Sir Harry Marbeck! Maintaining a cool detachment is easy in the schoolroom—but when one of his wards gets sick, a bedside vigil reveals a warmer side to Harry. With the passion now blazing, has Viola just taken the biggest gamble of her life—one where she could lose her secret love and her livelihood? From *Harlequin Historical: Your romantic escape to the past. The Yelverton Marriages Book 1: Marrying for Love or Money? Book 2: Unsuitable Bride for a Viscount Book 3: The Governess's Secret Longing*

Ghost Stories and Mysteries - J. S. LeFanu 2012-09-11

DIVRemaining supernatural fiction by writer many consider greatest ghost story writer of all time. Mystery stories are equally memorable. /div

Fast Asleep - Michael Mosley 2021-11-11

Can't sleep? Who better to deliver the recipe for a peaceful night based on groundbreaking sleep science than the bestselling author of *The Fast 800*, *The Clever Guts Diet* and *The 8-week Blood Sugar Diet*. A good night's sleep is essential for a healthy brain and body. So why do so many of us struggle to sleep well? In *Fast Asleep*, Dr Michael Mosley explains what happens when we sleep, what triggers common sleep problems and why standard advice rarely works. Prone to insomnia, he has taken part in numerous sleep experiments and tested every remedy going. The result is a radical, four-week programme, based on the latest science, designed to help you re-establish a healthy sleep pattern in record time. With plenty of surprising advice including tips for teenagers, people working night shifts and those prone to jet lag, plus recipes which will boost your deep sleep by improving your gut microbiome, *Fast Asleep*

provides the tools you need to sleep better, reduce stress and feel happier.

The Secret of Life - Stephen Hawley Martin 2020-11-10

Only a tiny number of people at this time in history know the secret of life. Yet only those who grasp it and take it to heart are fully awake, which means most of us remain fast asleep. When we all wake up to the secret, the world will become a much better place. But that is more easily said than done. The secret is not difficult to understand, and it is an obvious truth to those who consider with truly open minds the facts set forth in this book. Nevertheless, the secret will likely be dismissed out of hand by those unwilling to objectively consider the evidence, and some will vehemently oppose it, perhaps subconsciously, no matter what. Why? Because they will see the truth as a personal threat. However, once enough people know, understand, and accept the secret, old animosities will disappear. And what could be a more positive development in this highly partisan age? There can be no doubt that widespread knowledge and acceptance of the secret can create a bond of harmony and brotherhood among us that can lead to a new golden age. Be among the first to know. Read this book and grasp the secret. Experience joy and the cessation of fear. Then actively encourage others to do the same. All you have to do to begin is click "Buy Now."

Sloth Wasn't Sleepy - Kate Messner 2021-01-12

For any child having trouble getting to sleep, the most lovable animal in the rain forest is here to help. One night at bedtime, Sloth wasn't sleepy. "What if I worry when I try to fall asleep?" Sloth said. "Ah ... worries," Mama said. "We will have to let them go." A tough day, a bad dream, a scary noise ... these are just a few of the things that can keep kids wide awake and frightened after dark. But Mama Sloth knows the secrets for calming worried minds and getting to sleep—and as she shares them with her daughter, young readers will learn valuable relaxation skills that last a lifetime. *Sloth Wasn't Sleepy* does more than provide a sweet bedtime story—kids will join Sloth to learn mindfulness practices such as "shrinking down" fears in their mind and calming their body through breath and simple visualizations. Kate Messner's beautiful book helps parents and kids relax into dreamland with a sense of peace, safety, and belonging.

The Rabbit Who Wants to Fall Asleep - Carl-Johan Forssén Ehrlin 2014-04-08

"The magical book that will have your kids asleep in minutes." —The New York Post This groundbreaking #1 international bestseller is sure to calm racing minds and make bedtime easy and fun for kids and parents! Do you struggle with getting your child to fall asleep? Do anxiety or worries ever interfere with bedtime? Join parents all over the world who have embraced *The Rabbit Who Wants to Fall Asleep* as their new nightly routine. When Roger can't fall asleep, Mommy Rabbit takes him to see Uncle Yawn, who knows just what to do. Children will join Roger on his journey and be lulled to sleep alongside their new friend. Carl-Johan Forssén Ehrlin's simple story uses a unique and distinct language pattern that will help your child relax and fall asleep—at bedtime or naptime. Reclaim bedtime today! "A book whose powerfully soporific effects my son is helpless to resist." —The New York Times New York Times Bestseller USA Today Bestseller Publishers Weekly Bestseller Translated into 46 Languages "On the cover of [The Rabbit Who Wants to Fall Asleep] there's a sign that reads, 'I can make anyone fall asleep'—and that's a promise sleep-deprived parents can't resist." —NPR "For many parents, getting kids to fall asleep can be a nightmare. But [The Rabbit Who Wants to Fall Asleep] . . . promises to make the process easier and help kids to drift off to sleep faster." —CBS News

The Secret Garden (Illustrated) - Frances Hodgson Burnett 2022-11-13 Mary Lennox, a sickly and spoiled little girl, is orphaned to dim prospects in a gloomy English manor. Her only friend is a bed-ridden boy named Colin whose prospects may be dimmer than hers. But when Mary finds the key to a Secret Garden, the magical powers of transformation fall within her reach. *The Secret Garden* is a beautifully illustrated inspirational tale of transformation and empowerment.

Why We Sleep - Matthew Walker 2017-10-03

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

The Secret Diary of Helen Blackstone - Michele PW (Pariza Wacek) 2020-06-11

Is it madness? Or something even worse ... In 1929, Helen Blackstone is

forced to do the unthinkable—return to her childhood home. A place full of secrets and lies ... where her mother had gone mad. Helen had hoped she had left those dark days behind her, but when her brother is threatened, she uncovers a shocking truth that changes everything ... From the award-winning series — A Secrets of Redemption novella. Includes 2 bonus Secrets of Redemption short stories.

The Little Book of Sleep - Nerina Ramlakhan 2018-09-06

The Little Book of Sleep is a beautifully colour-illustrated guide to achieving deep, natural, clean sleep. Sleep expert Dr Nerina Ramlakhan explains why a good night's sleep is essential in today's demanding, 24/7, technology-driven world, introduces us to the science of sleep and teaches us that the secret of good sleep is to get out of our head and back into our body. Using a unique combination of Eastern and Western practices, including yoga, ayurveda and body-awareness techniques, and with an abundance of invaluable advice and techniques, Dr Nerina guides the reader on their personal journey back to sleep.

Fast Asleep, Wide Awake - Nerina Ramlakhan 2016-08

A powerful methodology to help you switch on your body's innate ability to sleep well and how to build extraordinary energy. Sleep problems aren't created when you put your head on the pillow. Everything you do during the day every thought, every behaviour, every choice you make can impact on how you sleep at night. Dr Nerina Ramlakhan, a physiologist and renowned sleep and energy expert, has worked with people for over twenty five years. Combining this professional experience with academic and personal insights, she shares her view that sleep problems are not just about sleep but rather about how we deal with life and its inevitable challenges. In this ground breaking book, she goes beyond traditional sleep methods to examine the true causes of sleep problems. Fast Asleep Wide Awake shares a unique and highly practical process for accessing deep and restorative sleep and shifting your energy from survival energy to a more sustainable and vibrant source of energy that we all have access to. Using tools and techniques based on Western science and Eastern practices learn how to sleep deeply and find the energy to embrace life's challenges with courage and optimism."

Beyond Reach - Melody Carlson 2009-02-19

If You Thought You Needed Vision, Would You Ask God For It? Exhausted by her role in the dramatic rescue of Kayla Henderson, Samantha McGregor is ready for a vacation from her God-given visions. But when Sam gets her wish and the visions actually go on hiatus, she's beginning to wonder if she's lost her spiritual gift forever. To make matters worse, her police friend Ebony needs her help! Peter Clark has been dead for several years, an open-and-shut case of suicide, but Ebony's not convinced. Why would he do it? And why does Ebony suspect foul play? Sam has been no help in the investigation, and just when she's lost all hope, God gives her a vision of a guy jumping from a railroad bridge. Suddenly the floodgates open and all of Sam's visions involve suicide. Who is this guy? And what does this have to do with Peter's death? It's a race against the clock as Sam worries about every brown-haired guy she meets: her lab partner, Olivia's rocker friend, Peter's little brother—they all fit the description! Whoever the guy in her vision is, his identity is just

beyond Sam's reach, and he's definitely losing his grip fast...Trusting God will lead her, Sam's determined to send a message of hope and find him before he gives up.

The Nocturnal Brain - Dr. Guy Leschziner 2019-07-23

A renowned neurologist shares the true stories of people unable to get a good night's rest in *The Nocturnal Brain: Nightmares, Neuroscience, and the Secret World of Sleep*, a fascinating exploration of the symptoms and syndromes behind sleep disorders. For Dr. Guy Leschziner's patients, there is no rest for the weary in mind and body. Insomnia, narcolepsy, night terrors, apnea, and sleepwalking are just a sampling of conditions afflicting sufferers who cannot sleep—and their experiences in trying are the stuff of nightmares. Demonic hallucinations frighten people into paralysis. Restless legs rock both the sleepless and their sleeping partners with unpredictable and uncontrollable kicking. Out-of-sync circadian rhythms confuse the natural body clock's days and nights. Then there are the extreme cases. A woman in a state of deep sleep who gets dressed, unlocks her car, and drives for several miles before returning to bed. The man who has spent decades cleaning out kitchens while "sleep-eating." The teenager prone to the serious, yet unfortunately nicknamed Sleeping Beauty Syndrome stuck in a cycle of excessive unconsciousness, binge eating, and uncharacteristic displays of aggression and hypersexuality while awake. With compassionate stories of his patients and their conditions, Dr. Leschziner illustrates the neuroscience behind our sleeping minds, revealing the many biological and psychological factors necessary in getting the rest that will not only maintain our physical and mental health, but improve our cognitive abilities and overall happiness.

Sleeping Beauties - Stephen King 2017-09-26

In this spectacular New York Times bestselling father/son collaboration that "barrels along like a freight train" (Publishers Weekly), Stephen King and Owen King tell the highest of high-stakes stories: what might happen if women disappeared from the world of men? In a future so real and near it might be now, something happens when women go to sleep: they become shrouded in a cocoon-like gauze. If they are awakened, if the gauze wrapping their bodies is disturbed or violated, the women become feral and spectacularly violent. And while they sleep they go to another place, a better place, where harmony prevails and conflict is rare. One woman, the mysterious "Eve Black," is immune to the blessing or curse of the sleeping disease. Is Eve a medical anomaly to be studied? Or is she a demon who must be slain? Abandoned, left to their increasingly primal urges, the men divide into warring factions, some wanted to kill Eve, some to save her. Others exploit the chaos to wreak their own vengeance on new enemies. All turn to violence in a suddenly all-male world. Set in a small Appalachian town whose primary employer is a woman's prison, *Sleeping Beauties* is a wildly provocative, gloriously dramatic father-son collaboration that feels particularly urgent and relevant today.

The Secret Garden - Frances Hodgson Burnett 1987

Ten-year-old Mary comes to live in a lonely house on the Yorkshire moors and discovers an invalid cousin and the mysteries of a locked garden.