

# The Sleep Revolution Transforming Your Life One Night At A Time

Your Time to Thrive Marina Khidekel 2021-03-23 This revolutionary guide to real change introduces microsteps—tiny, science-backed changes that will help you get your life back on track. Live the life you want, not the life you settle for. Helping people build healthy new habits that improve their lives is more important than ever. Arianna Huffington launched Thrive Global to do just that--Thrive's specific mission is to end the epidemic of stress and burnout and help individuals and companies unlock their greatest potential. Science continues to show that we don't have to sacrifice our well-being in order to succeed; in fact, it turns out that well-being is critical to peak performance. Learning to thrive means: Moving from awareness to action - from knowing what to do to actually doing it Embracing solutions that appeal to wisdom, wonder, intuition, reflection, and are steeped in science Taking the time to rest and recover in order to fuel and maximize productivity, both personal and professional Making the mindset shifts and habit changes that supercharge performance in ways that truly matter to us Eschewing trendy self-care fixes or the latest health fads, Your Time to Thrive is the revolutionary guide to living and working based on Microsteps--tiny, science-backed changes. By making them too-small-to fail, we can incorporate them into our daily lives right away, and begin building healthier ways of living and working. This book is a Microstep bible. With chapters dedicated to sleep, nutrition, movement, focus and prioritization, communication and relationships, unplugging and recharging, creativity and inspiration, and purpose/meaning, Your Time to Thrive shares practical, usable, research-supported mini-habits that will yield huge benefits and empower people to truly thrive in all parts of their lives.

Aware Dr. Daniel Siegel, M.D. 2020-09-01 New York Times bestseller · This groundbreaking new book from New York Times bestselling author Daniel J. Siegel, M.D., introduces readers to his pioneering, science-based meditation practice. Aware provides practical instruction for mastering the Wheel of Awareness, a life-changing tool for cultivating more focus, presence, and peace in one's day-to-day life. An in-depth look at the science that underlies meditation's effectiveness, this book teaches readers how to harness the power of the principle "Where attention goes, neural firing flows, and neural connection grows." Siegel reveals how developing a Wheel of Awareness practice to focus attention, open awareness, and cultivate kind intention can literally help you grow a healthier brain and reduce fear, anxiety, and stress in your life. Whether you have no experience with a reflective practice or are an experienced practitioner, Aware is a hands-on guide that will enable you to become more focused and present, as well as more energized and emotionally resilient in the face of stress and the everyday challenges life throws your way.

Be Fearless Jonathan Alpert 2012-04-24 Psychotherapist Jonathan Alpert shares his revolutionary five-step program that teaches readers to get rid of their fears--large and small--and find true happiness and success. Most people have something that gnaws at them at night, a mess or unrealized dream somewhere in their lives that causes them to feel stuck, out of control, overwhelmed, incomplete, and dissatisfied. They want to run away, back away, and ignore what they fear--whether it's a demanding boss, unsatisfying sex life, or distant love interest, but they can't. The fear finds them anyway. It's always there, and it's the source of all of their unhappiness. It's what lies behind every problem, and it's what stands between them and the lives they were meant to live. Psychotherapist Jonathan Alpert wants readers to know one thing: you can face your fear and create your ultimate life--and you can do it quickly. You can find your dream job. You can end that dead end relationship and get the love you want and deserve. You can overcome perfectionism, procrastination, panic, worry, rejection, failure, excuses and even the people in your life who keep telling you that you can't. You can turn your dreams into reality. You can find happiness, success and love. And you don't need years of therapy or even medications to do it. BE FEARLESS is a 5 step plan that is guaranteed to transform the fearful into fearless. It's based on a revolutionary formula developed by Jonathan Alpert, and it's worked on countless patients whose amazing stories are told throughout the book. In as few as 3 weeks readers will transform their lives using the 5 step program: Define Your Dream Life Break Your Fear Pattern Rewrite Your Inner Narrative Eliminate Your Fear Response Live Your Dream By teaching readers to use fear to their advantage and take important risks BE FEARLESS will make the impossible possible.

The Promise of Sleep William C. Dement 1999 Aims to illuminate the forgotten third of our lives - from the science of the sleeping brain to the coded world of dreams. This book also gives advice on how to get the sleep we need, how to take sleep seriously as the foundation of good health, and the dangers of abusing our biological clocks.

**The Sleep Revolution** Arianna Huffington 2016-04-05 Co-founder and editor in chief of The Huffington Post Arianna Huffington shows how our cultural dismissal of sleep as time wasted compromises our health and our decision-making and undermines our work lives, our personal lives--and even our sex lives in this New York Times bestseller. We are in the midst of a sleep deprivation crisis, with profound consequences to our health, our job performance, our relationships and our happiness. What we need is nothing short of a sleep revolution: only by renewing our relationship with sleep can we take back control of our lives. In The Sleep Revolution, Arianna explores all the latest science on what exactly is going on while we sleep and dream. She takes on the sleeping pill industry, and all the ways our addiction to technology disrupts our sleep. She also offers a range of recommendations and tips from leading scientists on how we can get better and more restorative sleep, and harness its incredible power. The result is a sweeping, scientifically rigorous, and deeply personal exploration of sleep from all angles, from the history of sleep, to the role of dreams in our lives, to the consequences of sleep deprivation, and the new golden age of sleep science that reveals the vital role sleep plays in our every waking moment and every aspect of our health--from weight gain, diabetes, and heart disease to cancer and Alzheimer's. In today's fast-paced, always-connected, perpetually-harried and sleep-deprived world, our need for a good night's sleep is more important--and elusive--than ever. The Sleep Revolution both sounds the alarm on our worldwide sleep crisis and provides a detailed road map to the great sleep awakening that can help transform our lives, our communities, and our world.

Thrive Arianna Huffington 2014-03-25 In Thrive, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as Thrive shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in Thrive, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling

business deadlines and family crises, a harried dance that led to her collapse and to her "aha moment." Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives. **Right is Wrong** Arianna Huffington 2008-04-29 With her trademark passion, intelligence, and devastating wit, Huffington Post editor in chief Arianna Huffington tackles the issues that are crucial to this year's presidential election and, even more so, to the fate of the country. Huffington makes the case that America has been hijacked from within by a radical element—the "lunatic fringe" of the Right that has taken over the Republican Party. Despite holding views at odds with the majority of Americans, these zealots have given us an endless war in Iraq, a sputtering economy, a health care system on life support, a war on science and reason, and an immoral embrace of torture. But they haven't done it on their own: they have been enabled by a compliant media that act as if there is no such thing as truth and are more interested in cozying up to those in power than in holding them accountable, and by feckless Democrats who have allowed themselves to be intimidated into backing down again and again. Both a withering indictment and a hopeful call to arms, *Right Is Wrong* is an explosive, boldly incisive work that will help set the national agenda.

*The Sleep Solution* W. Chris Winter, M.D. 2017-04-04 With cutting-edge sleep science and time-tested techniques, *The Sleep Solution* will help anyone achieve healthy sleep and eliminate pills, pain, and fatigue. If you want to fix your sleep problems, Internet tips and tricks aren't going to do it for you. You need to really understand what's going on with your sleep—both what your problems are and how to solve them. *The Sleep Solution* is an exciting journey of sleep self-discovery and understanding that will help you custom design specific interventions to fit your lifestyle. Drawing on his twenty-four years of experience within the field, neurologist and sleep expert W. Chris Winter will help you... • Understand how sleep works and the ways in which food, light, and other activities act to help or hurt the process • Learn why sleeping pills are so often misunderstood and used incorrectly—and how you can achieve your best sleep without them • Incorporate sleep and napping into your life—whether you are a shift worker, student, or overcommitted parent • Think outside the box to better understand ways to treat a multitude of conditions—from insomnia to sleep apnea to restless leg syndrome and circadian sleep disorders • Wade through the ever-changing sea of sleep technology and understand its value as it relates to your own sleep struggles Dubbed the "Sleep Whisperer" by Arianna Huffington, Dr. Winter is an international expert on sleep and has helped more than 10,000 patients rest better at night, including countless professional athletes. Now, he's bringing his experiences out from under the covers—redefining what it means to have optimal sleep and get the ZZZs you really need... INCLUDES TIPS, TRICKS, EXERCISES, AND ILLUSTRATIONS

**Fourth Instinct** Arianna Huffington 2003-10-07 TV personality and bestselling author Arianna Huffington explores our forgotten instinct--the search for spirituality and meaning in life. She shows how seeking fulfillment in the the first three instincts--biological survival, sexuality, and power--leads to aggression, depression, and addiction--while the Fourth Instinct transforms life.

**Sharing the Covers** Wendy M. Troxel 2021-04-20 The definitive guide on sleep for couples, with proven strategies to improve both sleep and relationship health, by a clinical psychologist named as one of the top experts on the science of sleep Dr. Wendy Troxel is a clinical psychologist and behavioral sleep specialist whose work is frequently cited in major media outlets as well as in recent bestselling books like Arianna Huffington's *The Sleep Revolution* and Dr. Matthew Walker's *Why We Sleep*. Dr. Troxel's mission is teaching couples to prioritize sleep and helping them find solutions to maximize the sleep quality for both partners, whether sleeping together or apart. Dr. Troxel says "Great sleep is the new great sex." In *Sharing the Covers*, she shows couples how vital it is to "sleep like your relationship depends on it"--because in many cases, it does. With popular science and an in-depth understanding of a couple's relationship to sleep and to each other on her side, Dr. Troxel leads couples through an entirely different kind of sleep book. She tells readers how to: manage sleep cycles and sleep disorders maintain a healthy sex life decide on whether to ask for a "sleep divorce" and more A good night's sleep is critical to any relationship. Whether it's stress, snoring, or insomnia that's keeping you up, *Sharing the Covers* will help couples get back to sleep and get back to each other.

*The Lonely Century* Noreena Hertz 2021-06-08 Even before a global pandemic introduced us to terms like social distancing, loneliness was already becoming the defining condition of the twenty-first century. But it's also one we have the power to reverse. Combining a decade of research with first-hand reporting, Noreena Hertz takes us from a 'how to communicate in real life' class for smartphone-addicted university students to bouncy castles at Belgian far-right gatherings, from 'renting a friend' and paying for cuddles in the U.S. to nursing home residents knitting bonnets for their robot caregivers in Japan. Packed with bold solutions that we can apply at home, at work and in our neighbourhoods, and with a clear vision for what businesses and governments must do, she explores how our increasing dependence on technology, radical changes to the workplace and decades of policies that have placed self-interest above the collective good, are making us more isolated than ever before. Noreena Hertz helps us to understand why this is the lonely century, how we got here and what each of us can do to help reduce loneliness for ourselves and our communities.

**The Sleep Revolution** Arianna Huffington 2016-04-07 JP Morgan's Best Summer Read 2018 We are in the midst of a sleep deprivation crisis, and this has profound consequences - on our health, our job performance, our relationships and our happiness. In this book, Arianna Huffington boldly asserts that what is needed is nothing short of a sleep revolution. Only by renewing our relationship with sleep can we take back control of our lives. Through a sweeping, scientifically rigorous and deeply personal exploration of sleep from all angles, Arianna delves into the new golden age of sleep science that reveals the vital role sleep plays in our every waking moment and every aspect of our health - from weight gain, diabetes, and heart disease to cancer and Alzheimer's. In *The Sleep Revolution*, Arianna shows how our cultural dismissal of sleep as time wasted not only compromises our health and our decision-making but also undermines our work lives, our personal lives and even our sex lives. She explores all the latest science on what exactly is going on while we sleep and dream. She takes on the dangerous sleeping pill industry and confronts all the ways our addiction to technology disrupts our sleep. She also offers a range of recommendations and tips from leading scientists on how we can achieve better and more restorative sleep, and harness its incredible power. In today's fast-paced, always-connected, perpetually harried and sleep-deprived world, our need for a good night's sleep is more important - and elusive - than ever. *The Sleep Revolution* both sounds the alarm on our worldwide sleep crisis and provides a detailed road map to the great sleep awakening that can help transform our lives, our communities and our world.

*Third World America* Arianna Huffington 2011 Arianna Huffington unflinchingly tracks the gradual demise of America as an industrial, political, and economic leader. In the vein of her fiery bestseller *Pigs at the Trough*, *Third World America* points fingers, names names, and details who's killing the American Dream.

**The Refusal of Work** David Frayne 2015-11-15 Paid work is absolutely central to the culture and politics of capitalist societies, yet today's work-centred world is becoming increasingly hostile to the human need for autonomy, spontaneity and community. The grim reality of a society in which some are overworked, whilst others are condemned to intermittent work and unemployment, is progressively more difficult to tolerate. In this thought-provoking book, David Frayne questions the central place of work in mainstream political visions of the future, laying bare the ways in which economic demands colonise our lives and priorities. Drawing on his original research into the lives of people who are actively resisting nine-to-five employment, Frayne asks what motivates these people to disconnect from work, whether or not their resistance is futile, and whether they might have the capacity to inspire an alternative form of development, based on a reduction and social redistribution of work. A crucial dissection of the work-centred nature of modern society and emerging resistance to it, *The Refusal of Work* is a bold call for a more humane and sustainable vision of social progress.

**Job Joy** Kristen J. Zavo 2019-03-05 Find Success and Happiness by Doing Work That Matters. *Job Joy* author, Kristen Zavo, knows what it's like to be successful by all outside measures, but still unhappy at work. Over the course of nearly two decades in traditional jobs, she's tried it all in pursuit of career happiness and fulfillment. In this guide, she passes on the knowledge of her experience, so you can shortcut your way to career

happiness. You'll learn what worked (and what didn't), and the exact process that she discovered - and now uses with clients - so that they too, can turn things around and once again become excited, passionate and fulfilled at work. Job Joy is the perfect guide for high achievers who feel stuck in their career - unsure of what to do next, and afraid it's too late to do anything different anyway. After reading Job Joy, you will have the tools to: Find meaning at work NOW Do more of what you love and less of what you don't each day, and still make it to 6pm spin class Determine whether you should stay put or find a new job - or even an entirely new career Overcome the top fears and challenges that are stopping you from making a move - and a difference Create a plan to build a career that has meaning Why let yet another year go by, hoping for change to just happen? Take the first step towards experiencing success, meaning, and happiness in your career - get Job Joy today!

**The Achievement Habit** Bernard Roth 2015-07-07 The co-founder of the Stanford d.School introduces the power of design thinking to help you achieve goals you never thought possible. Achievement can be learned. It's a muscle, and once you learn how to flex it, you'll be able to meet life's challenges and fulfill your goals, Bernard Roth, Academic Director at the Stanford d.school contends. In *The Achievement Habit*, Roth applies the remarkable insights that stem from design thinking—previously used to solve large scale projects—to help us realize the power for positive change we all have within us. Roth leads us through a series of discussions, stories, recommendations, and exercises designed to help us create a different experience in our lives. He shares invaluable insights we can use to gain confidence to do what we've always wanted and overcome obstacles that hamper us from reaching our potential, including: Don't try—DO; Excuses are self-defeating; Believe you are a doer and achiever and you'll become one; Build resiliency by reinforcing what you do rather than what you accomplish; Learn to ignore distractions that prevent you from achieving your goals; Become open to learning from your own experience and from those around you; And more. The brain is complex and is always working with our egos to sabotage our best intentions. But we can be mindful; we can create habits that make our lives better. Thoughtful and powerful *The Achievement Habit* shows you how.

*Say Good Night to Insomnia* Gregg D. Jacobs 2009-09-15 Introduction by Dr. Herbert Benson, author of *The Relaxation Response* A drug-free, scientifically proven program for conquering insomnia in six weeks. At least thirty million adults are the stress of severe, chronic insomnia, and the numbers of sufferers are growing. Dr. Gregg Jacobs has used the six-week program offered in *Say Good Night to Insomnia* to help thousands of insomnia sufferers at the Behavioral Medicine Insomnia Program at Boston's Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School. The program succeeds by helping insomniacs change the way they think about sleep, making it a friend instead of an enemy. Among the many topics addressed are these: \* Developing a sleep enhancing lifestyle including diet, exercise, and an understanding of the importance of body temperature \* Stopping a dependency on sleeping pills \* Managing negative emotions, stress, and anxiety \* Quieting the mind and body to enhance inner feelings of peace *Say Good Night to Insomnia* is an empowering book that lets insomniacs take control of their minds and bodies by giving them the knowledge and techniques to overcome their problem forever.

*The Sleep Revolution* Arianna Huffington 2017-04-04 Co-founder and editor in chief of *The Huffington Post* Arianna Huffington shows how our cultural dismissal of sleep as time wasted compromises our health and our decision-making and undermines our work lives, our personal lives--and even our sex lives in this *New York Times* bestseller. We are in the midst of a sleep deprivation crisis, with profound consequences to our health, our job performance, our relationships and our happiness. What we need is nothing short of a sleep revolution: only by renewing our relationship with sleep can we take back control of our lives. In *The Sleep Revolution*, Arianna explores all the latest science on what exactly is going on while we sleep and dream. She takes on the sleeping pill industry, and all the ways our addiction to technology disrupts our sleep. She also offers a range of recommendations and tips from leading scientists on how we can get better and more restorative sleep, and harness its incredible power. The result is a sweeping, scientifically rigorous, and deeply personal exploration of sleep from all angles, from the history of sleep, to the role of dreams in our lives, to the consequences of sleep deprivation, and the new golden age of sleep science that reveals the vital role sleep plays in our every waking moment and every aspect of our health--from weight gain, diabetes, and heart disease to cancer and Alzheimer's. In today's fast-paced, always-connected, perpetually-harried and sleep-deprived world, our need for a good night's sleep is more important--and elusive--than ever. *The Sleep Revolution* both sounds the alarm on our worldwide sleep crisis and provides a detailed road map to the great sleep awakening that can help transform our lives, our communities, and our world.

*The Nutters Club* Mike King 2011-08-26 Mental health advocate and 2019 Kiwibank New Zealander of the Year Mike King is, in his own words, a 'certified nut'. Since 2009, Mike has hosted the hugely popular Nutters Club show, now on NewstalkZB, as well as the TV programme of the same name, and as 'Head Nut' has seen the Club expand into an online community with a vast and loyal following. The Nutters Club deals with all the tough stuff that many would prefer to keep in the closet — mental health issues like anxiety and depression, drug and alcohol addiction, eating disorders, rape and sexual abuse — as told by real people sharing their life experiences to help others discover coping mechanisms, recovery and hope, in a way that is non-preachy and easy to understand. This book shares eleven of those stories, along with insights into Mike King's own story and his battle with depression, drugs and alcohol. Candid and compelling, *The Nutters Club* is as relevant today as when it was first published in 2011. Enjoy!

*Dangerously Sleepy* Alan Derickson 2014 *Dangerously Sleepy* explores the fraught relations between overwork, sleep deprivation, and public health. Health and labor historian Alan Derickson charts the cultural and political forces behind the overvaluation—and masculinization—of wakefulness in the United States.

**Hustle** Neil Patel 2016-09-13 A dynamic, game-changing guide to finding success and fearlessly outsmarting the system Too often we feel like underdogs fighting a system that stacks the odds against us. We work hard, follow the rules, and dream of a better life. But these days, working harder doesn't always lead to fulfillment. In fact, according to Gallup research, nearly 90 percent of people feel disconnected from their jobs. So how do you break free from the drudgery and achieve more success on your own terms? You hustle. The secret lies in making manageable tweaks and placing small bets on pursuits that propel you from who you are today to the person you're destined to become. In *Hustle*, Neil Patel, Patrick Vlaskovits, and Jonas Koffler--three of the nation's top entrepreneurs and consultants--have teamed up to teach you how to look at work and life through a new lens--one based on discovering projects you enjoy and the people and opportunities that support your talents, growth, income, and happiness. The authors reveal their groundbreaking three-part framework of Heart, Head, and Habits. Along the way, you will learn to redefine hustle as the optimal path to success using powerful, often counterintuitive, advice, including: • Why you must own your dreams, not rent dreams from others • Ways to create your own luck and "POP" • How to betray yourself to stay true to yourself--and develop your potential • The four major career hustles and the path that's best for you More than just an inspirational career guide, *Hustle* aims to fundamentally transform the way you work and live, and give yourself permission to thrive in today's uncertain world.

*Sleepyhead* Henry Nicholls 2018-03-01 When Henry Nicholls was twenty-one, he was diagnosed with narcolepsy: a medical disorder causing him to fall asleep with no warning. For the healthy but overworked majority, this might sound like an enviable condition, but for Henry, the inability to stay awake is profoundly disabling, especially as it is accompanied by mysterious collapses called cataplexy, poor night-time sleep, hallucinations and sleep paralysis. A writer and biologist, Nicholls explores the science of disordered sleep, discovering that around half of us will experience some kind of sleep dysfunction in our lives. From a CBT course to tackle insomnia to a colony of narcoleptic Dobermans, his journey takes him through the half-lit world of sleep to genuine revelations about his own life and health. Told with humour and intelligence, *Sleepyhead* uses personal reflections, interviews with those with sleep disorders and the people who study them, anecdotes from medical history and insights from art and literature to change the way we understand our sleeping hours.

*Summary Arianna Huffington's the Sleep Revolution* Ant Hive Media 2016-09-23 This is a Summary of Arianna Huffington's *The Sleep Revolution: Transforming Your Life, One Night at a Time* We are in the midst of a sleep deprivation crisis, writes Arianna Huffington, the co-founder and editor in chief of *The Huffington Post*. And this has profound consequences - on our health, our job performance, our relationships and our happiness. What is needed, she boldly asserts, is nothing short of a sleep revolution. Only by renewing our relationship with sleep can we take back control of our lives. In her bestseller *Thrive*, Arianna wrote about our

need to redefine success through well-being, wisdom, wonder, and giving. Her discussion of the importance of sleep as a gateway to this more fulfilling way of living struck such a powerful chord that she realized the mystery and transformative power of sleep called for a fuller investigation. The result is a sweeping, scientifically rigorous, and deeply personal exploration of sleep from all angles, from the history of sleep, to the role of dreams in our lives, to the consequences of sleep deprivation, and the new golden age of sleep science that is revealing the vital role sleep plays in our every waking moment and every aspect of our health - from weight gain, diabetes, and heart disease to cancer and Alzheimer's. In *The Sleep Revolution*, Arianna shows how our cultural dismissal of sleep as time wasted compromises our health and our decision-making and undermines our work lives, our personal lives -- and even our sex lives. She explores all the latest science on what exactly is going on while we sleep and dream. She takes on the dangerous sleeping pill industry, and all the ways our addiction to technology disrupts our sleep. She also offers a range of recommendations and tips from leading scientists on how we can get better and more restorative sleep, and harness its incredible power. In today's fast-paced, always-connected, perpetually-harried and sleep-deprived world, our need for a good night's sleep is more important - and elusive -- than ever. *The Sleep Revolution* both sounds the alarm on our worldwide sleep crisis and provides a detailed road map to the great sleep awakening that can help transform our lives, our communities, and our world. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 400 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This summary is not intended to be used without reference to the original book.

**The Future of Happiness** Amy Blankson 2017-04-11 Technology, at least in theory, is improving our productivity, efficiency, and communication. The one thing it's not doing is making us happier. We are experiencing historically high levels of depression and dissatisfaction. But we can change that. Knowing that technology is here to stay and will continue to evolve in form and function, we need to know how to navigate the future to achieve a better balance between technology, productivity, and well-being. Technology can drive—not diminish—human happiness. In *The Future of Happiness*, author Amy Blankson, cofounder of the global positive psychology consulting firm GoodThink, unveils five strategies successful individuals can use, not just to survive—but actually thrive—in the Digital Age: • Stay Grounded to focus your energy and increase productivity • Know Thyself through app-driven data to strive toward your potential • Train Your Brain to develop and sustain an optimistic mindset • Create a Habitat for Happiness to maximize the spaces where you live, work, and learn • Be a Conscious Innovator to help make the world a better place By rethinking when, where, why, and how you use technology, you will not only influence your own well-being but also help shape the future of your community. Discover how technologies can transform the idea of "I'll be happy when . . ." to being happy now.

**Design Your Future** Dominick Quartuccio 2017-12-05 This book will show you how to break through that self-imposed ceiling. It will challenge you to Take Command of your life by: 1. Awakening you to your beliefs and stories 2. Disrupting your patterns and behaviors 3. Designing a future you can't wait to live into

*On Sleep* Arianna Huffington 2016-04-07

*The Mystery of Sleep* Meir H. Kryger 2017-01-01 We spend a third of our lives in bed, but how much do we really understand about what happens when we go to sleep? What's the right amount? Why do we experience jet lag? Is snoring normal? Enter Dr. Meir Kryger, a world authority on the science of sleep, with a comprehensive guide to the science of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice. Everyone needs sleep, and many of us will experience some difficulty sleeping over the course of our lifetimes (or know someone who does). Kryger's comprehensive text is a much-needed bedside resource for insomniacs, those who can't stay awake, and the simply curious. Uniquely wide ranging, this is part scientific history and part handbook of sleep and the disorders that affect it.--

**You Only Have to Be Right Once** Randall Lane 2014-10-16 The ultimate insider look at the newest titans of tech—and what you can learn from their success In 2007, twenty-one-year old David Karp launched Tumblr, a simple micro-blogging platform, on a whim. By 2012, it had become one of the top ten online destinations, drawing 170 million visitors. By 2013, Yahoo had acquired Tumblr for over \$1 billion. Just like that, a kid who hadn't even earned his high school diploma was worth over a quarter billion dollars. And he's not the only one . . . Silicon Valley's newest billionaires represent a unique and unconventional breed of entrepreneur: young, bold, and taking the world by storm with their extreme speed, insatiable hunger, and progressive leadership. These whiz kids (and, to be fair, a few adults) have the hottest companies in the world. They are all turning just one brilliant insight or hook into money at a rate never before seen in human history—creating companies that, even with no revenue, garner insane valuations. With unique insider access to the world's most influential and wealthy entrepreneurs, Forbes has dug in to find what these super-entrepreneurs say about their own success. This book, introduced, edited, and updated by Forbes editor Randall Lane, is the first comprehensive look at who these instant tech billionaires are and how they achieved their quick wins. With sixteen illuminating pieces, including two never-before published features, we get behind-the-scenes examinations of the founders of Spotify, Airbnb, Tumblr, Twitter, and more, including: Elon Musk: The billionaire founder of Paypal, electric carmaker Tesla, and private space company SpaceX. His extreme ambition is matched by his preternatural engineering mind; no wonder he was the model for Robert Downey Jr.'s portrayal of Iron Man. Evan Spiegel: The twenty-three-year old declined a \$3 billion cash offer from Mark Zuckerberg, after making the mountain come to Mohammed (Snapchat's HQ is in Los Angeles) —an unheard of request from a young gun to one of the biggest players in Silicon Valley. The story of Snapchat's origin is even wilder than Facebook's, but Spiegel's ability to parlay infamy and popularity into revenue is still up in the air, even as Snapchat's valuation continues to grow. Alex Karp: An eccentric philosopher with almost no tech background turned a Peter Thiel backed venture, Palantir, into a data-mining champion, with clients like the NSA, the FBI, and the CIA. Amid heated privacy concerns, Karp continues to grow Palantir like crazy, to \$196 million in funding and an estimated \$1 billion in contracts in 2014. *You Only Have to Be Right Once* is the definitive collection of everything we can learn from these incredible game changers and what their next moves spell for the future of business.

*The Power of Rest* Matthew Edlund 2011-04-05 Look Younger, Be Healthier, and Experience a New Kind of Energy Sluggishness. Boredom. Lack of concentration. Too many of us pour another cup of coffee and accept fatigue as the inevitable side effect of hectic lives. Dr. Matthew Edlund shows us there is a better way. (and it's not just sleeping more!) This groundbreaking program will rewire your body, improving your productivity, creativity, and sense of well-being. Experience the extraordinary benefits—including dramatically decreased stress and increased energy—of the four types of rest: Physical: From deep breathing to the "UnNap," learn how to vanquish stress in seconds. Mental: Practice key strategies of relaxed concentration, and marvel at how much more you can accomplish. Social: See how even walking to lunch with a coworker creates a new sense of security and support. Spiritual: Experience a connection to something greater than the self, the key to internal balance. *The Power of Rest* introduces one powerful technique each day, many of which can be accomplished in a minute or less. Rediscover the feeling of being truly alert and engaged with your body, your work, and the people you love.

**The Only Little Prayer You Need** Engle, Debra Landwehr 2014-10-01 "We need to encourage an understanding that inner peace comes from relying on human values like love, compassion, tolerance, and honesty, and that peace in the world relies on individuals finding inner peace." —His Holiness, the Dalai Lama These six words—please heal my fear-based thoughts—change lives. In this brief and inspiring book, based on Engle's study of *A Course in Miracles*, she explains how to use the prayer and experience immediate benefits: being less irritable, more patient, laughing more, feeling like you have more time, more energy, worrying less, making decisions more easily, saying no without guilt. A typical prayer goes something like this: "Please help us find the money to pay our mortgage this month." Saying the prayer may help you feel like the burden of that month's mortgage has been lifted, but the part of you that feeds on fear will simply seek out new financial worries to keep you awake at night. Old patterns remain intact. In contrast, asking, "Please heal my fear-based thoughts about our mortgage" lifts the burden AND relieves the need to re-create that fear and hold onto it. This prayer heals your very desire for burdens, your addiction to fear-based thoughts, freeing you to live without that fear and with greater peace of mind. As a result, your financial situation is also free to improve. That's what makes it so different. One Facebook fan told Engle, "The most blessed aspect of this prayer is all

the open space it creates for peace—I never knew how many fear-based thoughts were clogging up in me until this prayer."

**Nothing Much Happens** Kathryn Nicolai 2020-10-06 Soothing stories to help you fall and stay asleep, based on the popular podcast Busy minds need a place to rest. Whether you find yourself struggling to sleep, awake in the middle of the night, or even just anxious as you move through the day, in Nothing Much Happens, Kathryn Nicolai offers a healthy way to ease the mind before bed: through the timeless appeal of classic bedtime stories. Already beloved by millions of podcast listeners, the stories in Nothing Much Happens explore and expose small sweet moments of joy and relaxation: Sneaking lilacs from an abandoned farm in the spring. Watching fireflies from the deck in the summer. Visiting the local cider mill in the autumn. Watching the tree lighting in the park with friends in the winter. You'll also find sixteen new stories never before featured on the podcast, along with whimsical illustrations, recipes, and meditations. Using her decades of experience as a meditation and yoga teacher, Kathryn Nicolai creates a world for you to slip into, one rich in sensory experience that quietly teaches mindfulness and self-compassion, soothes frayed nerves, and builds solid habits for nurturing sleep. A PENGUIN LIFE TITLE

**The No-Nonsense Meditation Book** Steven Laureys 2021-04-15 INTERNATIONAL BESTSELLER As featured in New Scientist: 'Meditation could retune our brains and help us cope with the long-term effects of the pandemic' 'Readers in search of an introduction to mindfulness that's free of woo-woo promises should look no further.' Publishers Weekly 'For a boost to your wellbeing don't miss the brilliant The No-Nonsense Meditation Book, which unites brain science with practical tips' - Stylist Rigorously researched and deeply illuminating, world-leading neurologist Dr Steven Laureys works with celebrated meditators to scientifically prove the positive impact meditation has on our brains. Dr Steven Laureys has conducted ground-breaking research into human consciousness for more than 20 years. For this bestselling book, translated into seven languages worldwide, Steven explores the effect of meditation on the brain, using hard science to explain the benefits of a practice that was once thought of as purely spiritual. The result is a highly accessible, scientifically questioning guide to meditation, designed to open the practice to a broader audience. A mix of fascinating science, inspiring anecdote and practical exercises, this accessible book offers thoroughly researched evidence that meditation can have a positive impact on all our lives.

**Sleep Smarter** Shawn Stevenson 2016-09-06 Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a well-rounded perspective to the perennial question: how can we feel better? In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine - sleep. In Sleep Smarter Shawn explores the little-known and even less-appreciated facts about sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research, this book depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of disease. In his clear, personable and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands and improve their sleep now

**Born a Crime** Trevor Noah 2016-11-15 #1 NEW YORK TIMES BESTSELLER • More than one million copies sold! A "brilliant" (Lupita Nyong'o, Time), "poignant" (Entertainment Weekly), "soul-nourishing" (USA Today) memoir about coming of age during the twilight of apartheid "Noah's childhood stories are told with all the hilarity and intellect that characterizes his comedy, while illuminating a dark and brutal period in South Africa's history that must never be forgotten."—Esquire Winner of the Thurber Prize for American Humor and an NAACP Image Award • Named one of the best books of the year by The New York Time, USA Today, San Francisco Chronicle, NPR, Esquire, Newsday, and Booklist Trevor Noah's unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa's tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle. Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man's relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother's unconventional, unconditional love.

**Affluenza** John de Graaf 2014-02-03 Previous editions of Affluenza described the early symptoms of the disease that led to a nearly fatal shutdown of all our financial systems in 2008. This new edition puts more focus on the behavior changes we need to make to be certain that the Great Recession does not become a prelude to something worse.

**Waking Up** Sam Harris 2014-09-09 For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, Waking Up is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. Waking Up is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

**Play Nice But Win** Michael Dell 2021-10-05 WALL STREET JOURNAL BESTSELLER From Michael Dell, renowned founder and chief executive of one of America's largest technology companies, the inside story of the battles that defined him as a leader In 1984, soon-to-be college dropout Michael Dell hid signs of his fledgling PC business in the bathroom of his University of Texas dorm room. Almost 30 years later, at the pinnacle of his success as founder and leader of Dell Technologies, he found himself embroiled in a battle for his company's survival. What he'd do next could ensure its legacy—or destroy it completely. Play Nice But Win is a riveting account of the three battles waged for Dell Technologies: one to launch it, one to keep it, and one to transform it. For the first time, Dell reveals the highs and lows of the company's evolution amidst a rapidly changing industry—and his own, as he matured into the CEO it needed. With humor and humility, he recalls the mentors who showed him how to turn his passion into a business; the competitors who became friends, foes, or both; and the sharks that circled, looking for weakness. What emerges is the long-term vision underpinning his success: that technology is ultimately about people and their potential. More than an honest portrait of a leader at a crossroads, Play Nice But Win is a survival story proving that while anyone with technological insight and entrepreneurial zeal might build something great—it takes a leader to build something that lasts.

**Intel Trinity, The** Michael S. Malone 2014-07-15 Based on unprecedented access to the corporation's archives, The Intel Trinity is the first full history of Intel Corporation—the essential company of the digital age—told through the lives of the three most important figures in the company's history: Robert Noyce, Gordon Moore, and Andy Grove. Often hailed the "most important company in the world," Intel remains, more than four decades after its inception, a defining company of the global digital economy. The legendary inventors of the microprocessor—the single most important product in the modern world—Intel today builds the tiny "engines" that power almost every intelligent electronic device on the planet. But the true story of Intel is the human story of the trio of geniuses behind it. Michael S. Malone reveals how each brought different things to Intel,

and at different times. Noyce, the most respected high tech figure of his generation, brought credibility (and money) to the company's founding; Moore made Intel the world's technological leader; and Grove, has relentlessly driven the company to ever-higher levels of success and competitiveness. Without any one of these figures, Intel would never have achieved its historic success; with them, Intel made possible the personal computer, Internet, telecommunications, and the personal electronics revolutions. The Intel Trinity is not just the story of Intel's legendary past; it also offers an analysis of the formidable challenges that lie ahead as the company struggles to maintain its dominance, its culture, and its legacy. With eight pages of black-and-white photos.

*Overworked and Overwhelmed* Scott Eblin 2014-09-17 Leverage mindful awareness and intention to achieve better outcomes Overworked and Overwhelmed: The Mindfulness Alternative offers practical insights for the executive, manager or professional who feels like their RPM is maxed out in the red zone. By making the concepts and practices of mindfulness simple, practical and applicable, this book offers actionable hope for today's overworked and overwhelmed professional. New research shows that the smartphone equipped professional is connected to work 72 hours a week. Forty eight percent of Americans report that their stress level is up and that the number one source of stress is the job pressure of a 24/7 world. What's the alternative? Top leadership coach and educator Scott Eblin offers one in Overworked and Overwhelmed: The Mindfulness Alternative. While mindfulness is one of the "Top Ten Trends for 2014 and Beyond," many professionals think it's just too hard to give it a try. In this book, Eblin shows that mindfulness that makes a difference doesn't require meditating like a Buddhist monk. Overworked and Overwhelmed is a handbook for more mindful work and living that offers: "Must know" mindfulness basics that today's professional needs to thrive in a 24/7 world. Inspiring examples of mindfulness in action from dozens of leaders ranging from a U.S. Coast Guard Commandant to the CEO of Hilton Worldwide. A self assessment for readers to understand how they perform at their best. Simple routines to reduce stress and sustain peak performance. A personal planning framework for creating the outcomes that matter most at home, at work and in the community. Even small increases in mindfulness can lead to big changes in productivity and quality of life for the overworked and overwhelmed professional. Overworked and Overwhelmed: The Mindfulness Alternative is a guide for doing just that.

**On Becoming Fearless...in Love, Work, and Life** Arianna Huffington 2014-05-10 Observing that her own teenage daughters were beginning to experience some of the same fears that had once burdened her--how attractive am I' do people like me' do I dare speak up'--Arianna Huffington began to examine the ways in which fear affects all our lives. In stories drawn from her own experiences and from the lives of other women, she points toward the moments of extraordinary strength, courage, and resilience that result from confronting and overcoming fear. And she outlines the steps anyone can take to conquer fear. Her book shows us how to become bold from the inside out--from feeling comfortable in our own skin to getting what we want in love and at work to changing the world.

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