

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

"Are You Insomniac? Do You Have Sleep Problems? Do you have trouble falling asleep? What Is Insomnia? What Are Reasons For Insomnia?" You know, when your mind is blurred during the day... When you feel weak... With abusive memory loss... Maybe you already lost your job due to insomnia! If You've Been Plagued With Chronic Sleeplessness, It's Time To Rest Easy. You CAN Get A Restful Night's Sleep Again! Have you had trouble sleeping lately? Is it very difficult for you to get to sleep at night and even when you do, are you wakened often for no apparent reason? Do you experience extreme insomnia? Guess what? You're not alone! Insomnia affects millions of people. (And I was one of us.) During a particularly stressful time in your life, you find yourself wanting badly to just get a good night's sleep. You lay in bed wide awake watching the ceiling fan spin and listening to the traffic outside. You tried everything you could think of to try and get to sleep, but nothing worked. It seemed like the more you tried to sleep, the less successful you were. Other than accumulating some useless gadgets from late night television infomercials, you were not accomplishing anything at night - much less sleep. Your work performance suffer and you find yourself with more stress to add to the stress you already have. It is extremely frustrating and very tiring - so to speak! Do you want to save yourself a lot of frustration and sleepless nights? I guess yes... "Finally, A Product That Will Actually Help You Get Some Sleep. Toss And Turn No More." If Only You Had This Book Back Then You could have saved yourself a lot of frustration and sleepless nights! Why? Because this book is the best self-help guide you have ever found that contains tons of information about insomnia and the best ways to overcome it so you can sleep again. You pored through countless articles and self-help guides that were for sale, but none of them fit your needs. Some only gave partial information or talked endlessly about the best prescription medications to take for insomnia. The information was good, but it just didn't give you what you are looking for. And Then You Find This Book Imagine your surprise when you will start reading and nearly immediately know that it is going to help yourself in countless ways. After reading it, your insomnia will begin to clear once you implement some of the countless suggestions, tips, and tricks that are inside its pages. "Overcoming Insomnia" is the answer to an insomniac's prayers. Check out some of the chapters inside: - The Sleep Cycle (and REM Sleep) - Who Has Insomnia (Sleep disorders) - How Serious is Insomnia (Sleeplessness, Lack of sleep) - Diagnosing Insomnia (Insomnia symptoms) - Medications That Can Help (Sleep remedies) - And Much More! (Falling asleep, Sleep smarter) Normally, our bodies have been naturally programmed from birth to begin going to sleep as soon as we lie down and close our eyes, but when our sleep pattern has been badly interrupted by insomnia, it can be difficult to quiet the mind, and stop the constant barrage of thought from running incessantly, so we can drift off to a comfortable, relaxing and deep sleep. The longer our sleep pattern is interrupted by insomnia, the more difficult it is to get back to a normal restful sleeping pattern - and the longer it goes on, the stronger the insomnia actually becomes, much like a rut that gets deeper and harder to break out of. When you suffer from insomnia, it requires some effort to stop the cycle. It's true, there are some great medications available on the market that can help you get to sleep again, but many people don't like to take pills for a problem they may be able to beat on their own. There are all sorts of things you can do to help you get back to sleep. This Book Can Give You Hundreds of Suggestions To Get Back To Sleep It may be as simple as altering your sleeping habits or your sleeping environment. Plus, there are some frightening side effects of some sleeping pills that have come to light recently in the news. If you don't want to take medication to help you sleep, then this book is definitely for you. In fact, there are several ways you can get back to sleep without the use of medicines. Consider the following: - Light therapy - Meditation - Progressive muscle relaxation - Cognitive Behavior Therapy - Herbal remedies - And more! You will find all of this great information in one place - this book. "Overcoming Insomnia" is in an easy-to-read format that anyone can understand. Once you receive "Overcoming Insomnia", you'll see just how valuable it is. Did you know that many children and teenagers suffer from insomnia too? If you're a parent, this could cause you much stress and aggravation. When your child can't sleep, you want to help them, don't you? I Can Show You How! Once you put the suggestions in this book to the test and implement them in your sleeping routine and habits, you will notice a marked change in your sleeping. What's also wonderful is that you will always have this book to refer to in case your insomnia returns. Near 1 person in 2 who has successfully beat insomnia will have a recurrence at one point or another in her life. All you need to get back to sleep is a little refresher on the original things that helped you in the first place. All you need to do is open up "Overcoming Insomnia" and re-read what worked for you in the first place. What kind of price can you put on a good night's sleep? It's a difficult question. Sleeping is our body's way to recharging our internal batteries so we can effectively function the next day. I think that's a pretty valuable thing to consider. I struggled somewhat with what kind of price to put on this type of information. There are some self-help programs on the market that can run over a hundred dollars. I wanted to make this book affordable for everyone. Right now, you can own "Overcoming Insomnia" for less than \$15. It's so affordable. It's as easy as that. If you can't sleep, it's time to stop the nights of lying awake. Your body deserves it, your family and job deserve it, and YOU deserve it. Get back to sleep and enjoy a better life! Sweet Dreams! Download "Overcoming Insomnia" and fall asleep for a good sleep during a good night !

Little ones find nocturnal animals under peep-through flaps, and explore the night-time world in different habitats and seasons. Who's wide awake while you're fast asleep? Go on an exciting night-time journey and find delightful nocturnal animals hiding under peek-through flaps. Toddlers will love exploring different habitats and seasons at night, and finding out about nature and wildlife in this beautifully illustrated, read-aloud board book. The intriguing cover has cutaway stars to feel, and inside, there are adorable sleeping animals and hidden nocturnal animals - under large flaps with peek-through holes. As the moon shines brightly, many animals and people sleep - from children dreaming in their beds to squirrels curled up in their nests and butterflies resting amongst the leaves. But who is not asleep? Take a peep! Take a peep! Lift the flaps and discover the sharp-eyed cat outside the window, fluffy owlets in a tree, cuddly koalas in the outback, twinkling fireflies in the park, foxes in the snowy woods, and more! Flip Flap Find! Night-time Animals is a captivating picture book to share. A perfect gift for little nature lovers, it will spark a toddler's curiosity, stimulate their imagination, language, and literacy, and build their knowledge of the natural world. A fourth-generation insomniac, Patricia Morrisroe decided that the only way she'd ever conquer her lifelong sleep disorder was by becoming an expert on the subject. So, armed with half a century of personal experience and a journalist's curiosity, she set off to explore one of life's greatest mysteries: sleep. Wide Awake is the eye-opening account of Morrisroe's quest—a compelling memoir that blends science, culture, and business to tell the story of why she—and forty million other Americans—can't sleep at night. Over the course of three years of research and reporting, Morrisroe talks to sleep doctors, drug makers, psychiatrists, anthropologists, hypnotherapists, "wake experts," mattress salesmen, a magician, an astronaut, and even a reindeer herder. She spends an uncomfortable night wired up in a sleep lab. She tries "sleep restriction" and "brain music therapy." She buys a high-end sound machine, custom-made ear plugs, and a "quiet" house in the country to escape her noisy neighbors in the city. She attends a continuing medical education course in Las Vegas, where she discovers that doctors are among the most sleep-deprived people in the country. She travels to Sonoma, California, where she attends a Dream Ball costumed as her "dream self." To fulfill a childhood fantasy, she celebrates Christmas Eve two hundred miles north of the Arctic Circle, in the famed Icehotel tossing and turning on an ice bed. Finally, after traveling the globe, she finds the answer to her insomnia right around the corner from her apartment in New York City. A mesmerizing mix of personal insight, science and social observation, Wide Awake examines the role of sleep in our increasingly hyperactive culture. For the millions who suffer from sleepless nights and hazy caffeine-filled days, this humorous, thought-provoking and ultimately hopeful book is an essential bedtime companion. It does, however, come with a warning: Reading it will promote wakefulness. "What happens when you fall fast asleep? The objects in and around your house wake up and play! These 26 imaginative poems reveal the secret adventures that take place around you as you dream and will make you think of your boot, your basketball, and even your spaghetti in a whole new way."--

Fantasy, Mass Culture, and Modernism in the Art of Winsor McCay

The Future Is Waiting Within You

Adventures in Friendship

Watch

Awake in the Wild

Theft

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.

"Based on groundbreaking sleep science"—Cover.

"Nature deficit disorder" has become an increasingly challenging problem in our hypermodern world. In *Awake in the Wild*, Mark Coleman shows seekers how to remedy this widespread malady by reconnecting with nature through Buddhism. Each short (two to three pages) chapter includes a concrete nature meditation relating to such topics as *Attuning to the Natural World*, *Reflecting the Rhythms of Nature*, *Walking with Compassion*, *Releasing the Inner Noise*, *Freeing the Animal Within*, *Coming into the Peace of Wild Things*, *Weathering the Storms of Life*, and more. *Incorporating anecdotes from the author's many nature retreats, Buddhist wisdom and teachings, important nature writings by others, and nature itself, the book invites readers to participate in, not just observe, nature; develop a loving connection with the earth as a form of environmental activism; decrease urban alienation through experiencing nature; embody nature's peaceful presence; and connect with ancient spiritual wisdom through nature meditations.*

*FINDING INNER SAFETY FIND SAFETY, SECURITY AND PEACE IN THE MODERN WORLD. When we work hard, sometimes we put our mental health on the backburner. Stress, a lack of sleep and other factors can quickly lead to burnout. How can we balance our goals with a peaceful lifestyle? Replace stress, burnout and surviving with resilience, energy-optimisation and thriving. With expert guidance from international author and speaker Dr. Nerina Ramlakhan, you'll learn how to use quick, manageable solutions to make a profound difference to your mindset, energy levels and subsequent productivity. In plain language everybody can understand, Finding Inner Safety will help readers: Learn why we're constantly on the lookout for threats Come to terms with the actual dangers we face Understand the key principles of safety science and strategies for feeling safer and more secure Realise the wisdom we can draw from the natural world around us Make choices that help us thrive, rather than merely survive To lead a peaceful and fulfilling lifestyle, finding safety and security from within yourself is an essential first step. Finding Inner Safety provides practical knowledge, insight, and methods to help you unwind from our modern world in a deeper sense, both at home and at work, without asking you to give up on your ambitious goals.*

Discover the Secrets of Restorative Sleep and Vibrant Energy

A 7-Day Visual Guide to Calm the Mind + Get the Sleep You Deserve

Wide Awake and Dreaming

The Messenger

Finding Inner Safety

In the Middle of the Night

"A Little Boy Lost" is a 1905 novel by W. H. Hudson. It is the charming tale of Martin, a young boy who walks a bit further from his house every day each day until he reaches mystical land full of talkative animals, friendly gnomes, and mist people. William Henry Hudson (1841 – 1922) was an Anglo-Argentine naturalist, author, and ornithologist. He was one of the founding members of the Royal Society for the Protection of Birds, and is best known for his novel "Green Mansions" (1904). Other notable works include "A Little Boy Lost" (1905) and "Far Away and Long Ago" (1918), which has since been adapted into a film. Hudson is considered a national treasure in Argentina, and his legacy lives on in the form of an Italian town and numerous other public places named after him. Many vintage books such as this are becoming increasingly scarce and expensive. We are republishing this volume now in an affordable, modern, high-quality edition complete with a specially commissioned new biography of the author.

It is difficult to fall asleep when a thousand thoughts are racing through your mind just as you lie down. I often find myself in this exact situation, staring at the ceiling, wide awake at three in the morning. I desperately want to sleep, but there are thoughts and gut-feelings that are preventing me from getting rest. I count the hours, the minutes, the seconds of sleep that I lose until I have no more time left. When there is nowhere left to turn, I turn to writing. Over my teenage years, I have written countless poems in an attempt to articulate what is going through my head. I have taken a fraction of the poems I have written, refined them, and am now comfortable releasing them to the public. My goal is to raise questions for others and find peace with myself.

Fast Asleep, Wide AwakeDiscover the Secrets of Restorative Sleep and Vibrant EnergyHarperThorsons

Cartoonist Winsor McCay (1869–1934) is rightfully celebrated for the skillful draftsmanship and inventive design sense he displayed in the comic strips *Little Nemo in Slumberland* and *Dream of the Rarebit Fiend*. McCay crafted narratives of anticipation, abundance, and unfulfilled longing. This book explores McCay's interest in dream imagery in relation to the larger preoccupation with fantasy that dominated the popular culture of early twentieth-century urban America. McCay's role as a pioneer of early comics has been documented; yet, no existing study approaches him and his work from an art historical perspective, giving close readings of individual artworks while situating his output within the larger visual culture and the rise of modernism. From circus posters and vaudeville skits to department store window displays and amusement park rides, McCay found fantastical inspiration in New York City's burgeoning entertainment and retail districts. *Wide Awake in Slumberland* connects McCay's work to relevant children's literature, advertising, architecture, and motion pictures in order to demonstrate the artist's sophisticated blending and remixing of multiple forms from mass culture. Studying this interconnection in McCay's work and, by extension, the work of other early twentieth-century cartoonists, Roeder traces the web of relationships connecting fantasy, leisure, and consumption. Readings of McCay's drawings and the eighty-one black and white and color illustrations reveal a man who was both a ready participant and an incisive critic of the rising culture of fantasy and consumerism.

Priests and Politicians

The Art of Natural Sleep

A Little Boy Lost

A Memoir of Discovery, Endurance and a Lazy Dog

Wide Awake in Dreamland

All My Friends Are Fast Asleep

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.

The next book in a historical mystery series featuring Elizabeth Miles, a young con woman who finds herself embroiled in intrigue in turn of the century New York. In *City of Scoundrels*, Elizabeth must track down a stolen will after Corporal Tom Preston is killed at war. Preston's family did not approve of his wife (and unborn child), and have taken criminal stes to prevent her inheriting his sizable estate.

This upbeat nitty-gritty memoir, based on the author's 2001 trail journal, chronicles one man's hike the whole length of the Appalachian Trail, beginning just north of Atlanta and finishing six months later in Maine. The journey included adventures with a faithful and eccentric dog, a new romance, and the challenges and triumphs of walking 2167 miles in all kinds of weather.

Annie, younger sister of the princess who would be known as Sleeping Beauty, is immune to magic and stays awake when the rest of the castle falls into an enchanted sleep, then sets out to find a way to break the spell.

The Mafia of the Soul

The Key to Healing, Thriving, and Overcoming Burnout

What I Learned About Sleep from Doctors, Drug Companies, Dream Experts, and a Reindeer Herder in the Arctic Circle

What Does This Look Like in the Classroom?

"Dream Life" and "Seeing Things"

The Threefold Shadow-Existence of Our Time and the New Light of Christ

Archie can't sleep. Grandma makes him a milky drink but he's still not sleepy. She sings lullabies and tells him a story but that doesn't help. Together they cuddle up and count fireflies. It's lovely and cosy but Archie stays wide awake. Will Grandma ever find a way to help a bouncy little bear fall fast asleep?

The two thought-provoking, extended essays that make up *Stories We Tell Ourselves* draw from the author's richly diverse experiences and history, taking the reader on a deeply pleasurable walk to several unexpectedly profound destinations. A steady accumulation of fascinating science, psychoanalytic theory, and cultural history—ranging as far and wide as neuro-ophthalmology, ancient dream interpretation, and the essential differences between Jung and Freud—is smoothly intermixed with vivid anecdotes, entertaining digressions, and a disarming willingness to risk everything in the course of a revealing personal narrative. "Dream Life" plumbs the depth of dreams—conceptually, biologically, and as the nursery of our most meaningful metaphors—as it considers dreams and dreaming every whichway: from the haruspicy of the Roman Empire to contemporary sleep and dream science, from the way birds dream to the way babies do, from our longing to tell them to the reasons we wish other people wouldn't. "Seeing Things" recounts a journey of mother and daughter—a Holmes-and-Watson pair intrepidly working their way through the mysteries of a disorder known as Alice in Wonderland Syndrome—even as it restlessly detours into the world beyond the looking glass of the unconscious itself. In essays that constantly offer layers of surprises and ever-deeper insights, the author turns a powerful lens on the relationships that make up a family, on expertise and unsatisfying diagnoses, on science and art and the pleasures of contemplation and inquiry—and on our fears, regrets, hopes, and (of course) dreams.

Rudolf Steiner examines the inner history of Christianity, explaining its relationship to ancient Judaism, Hellenism, Romanism, Gnosticism, and Egypto-Chaldean initiation. He describes the hidden spiritual battle raging today and the need for a renewal of the mysteries in a modern form. Today's road to Christ must involve a new formative thinking, whose Christian character is shown in the advent of selflessness, health, and a sense for truth.

Julie Flygare was on an ambitious path to success, entering law school at age 22, when narcolepsy destroyed the neurological boundaries between dreaming and reality in her brain. She faced terrifying hallucinations, paralysis and excruciating sleepiness - aspects of dream sleep taking place while wide awake. Yet, narcolepsy was a wake-up call for Julie. Her illness propelled her onto a journey she never imagined - from lying paralyzed on her apartment floor to dancing euphorically at a nightclub; from the classrooms of Harvard Medical School to the start line of the Boston Marathon. *Wide Awake and Dreaming* is a revealing first-hand account of dreams gone wrong with narcolepsy. It's the brave story of one woman trampling over barriers and finding light in the darkest of circumstances.

Fast Asleep

Still Awake

Wild Awake

How to get a really good night's rest

How Can Mankind Find the Christ Again?

Stories We Tell Ourselves

The alarm sounds. Your feet hit the floor and carry you into another day. But what does that day hold for you? Will you be punching your card at work, catching up on TV at home, and crashing into bed before you rinse and repeat the next day? Or will you dare to dig deep and discover the incredible potential lying dormant within us all? In *Wide Awake*, renowned speaker and church visionary Erwin Raphael McManus challenges us to put an end to all the sleepwalking and settling, for each of us was created by God for a reason. He has called you to live as Jesus did—a heroic life, void of monotony, teeming with danger, adventure, and the unknown. Living wide awake is about realizing that the world desperately needs you to live up to your potential. There is a future that needs to be created, and it is waiting for us all to wake up and get out of bed. The alarm has sounded, and it is time to shake off the slumber. It's time to live, to create, to imagine, to dream . . . *Wide Awake*.

Nearly 1 in 3 people aren't getting the sleep they deserve! Whether you are stressing about your to-do list, worrying about an upcoming project, spewing off ideas in your head, or simply searching for a moment of peace, we have all suffered from a sleepless night. In *Wide Awake*, you will discover what keeps you up at night by taking the sleepless archetype quiz. Once you find out if you are a worrier, an idea maker, a to-doer, or in need of some me moments, you will be guided along a 7-day visual journey to help you get more of those precious zzz's. Learn how to stay sound sleep instead of wide awake!

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.

The directors of one of the nation's most acclaimed preschools offer practical guidance to parents of youngsters ages three to five, addressing such concerns as preschool education, discipline, and children's social and intellectual development.

Poems from a Wide-Awake House

The Wide-Awake Princess

Wide Awake in Slumberland

Practical Wisdom for Parents

The World Champion of Staying Awake

Raising Self-confident Children in the Preschool Years

The path from Europe to Africa has been much traveled in literature but rarely in such an evocative, nuanced, and even playful way as in N.S. Kenings's *Theft*. Here are five seductive tales that move with grace and subtlety between the two continents and reveal with insight and wit that what seem to be very separate worlds are not so far apart after all. In *Pearls to Swine*, a lonely childless socialite invites her American goddaughter to spend the summer in her mansion. In *Wondrous Strange*, a spirit medium is haunted by the ghost of an ancient African djinn. In *Setting Up Shop*, a young Zanzibari woman dreams of traveling to the U.S., even as a local entrepreneur courts her relentlessly, even promising to leave his other wives for her. More praise for *The Blue Taxi*: "The world Kenings has created in her accomplished debut is tragic and exhilarating, as is her portrayal of weary, left-behind colonialists, poverty-stricken natives and the uneasy manner in which each regards the other." -- Publishers Weekly "Kenings skillfully weaves together the stories of individuals from disparate cultures converging in a city that is entering a new era of political independence." -- The New Yorker

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."

A true account of divine encounters of a most beautiful kind—visitations of a holy being bringing a divine message. Haidakhan Babaji is a legendary teacher, a manifestation of divine love, who appeared in the foothills of the Himalaya in the middle of the last century, and who left his body on Valentine's Day, 1984. Babaji appeared to Geri on more than one occasion, encouraging her to write a short and sweet, unvarnished handbook about the methods she had learned and used in finding her own inner peace and healing. *How to Find Your Inner Glow* is a step-by-step guided meditation—and more. It is a quick and easy method leading you to the gateway of inner peace and divine unity. Babaji reveals a beautiful, divine message as he appears to Geri in the early hours of the morning in out-of-body encounters. Part of that message is that he is still very much here with all of us today. There is no separation.

Parents Magazine's "Best Bedtime Story" of 2017! From David Weinstone, the popular children's musician and creator of the Music for Aardvarks program, comes *All My Friends Are Fast Asleep*, a rhythmic, cheerily illustrated bedtime story sure to smooth the way to sleep for young insomniacs everywhere. After tossing and turning in his bed, a little boy embarks on a nighttime quest to find a cozy place to rest. He visits one animal friend after another, from a lark in its nest to a mole in its hole. But while all the animals he meets are happily dozing off, this tucked-out wanderer remains wide-awake—until he finally finds the perfect spot to lay his head.

Fast Asleep, Wide Awake

Overcoming Insomnia : Fall Asleep Fast And Enjoy Deep Refreshing Sleep (Sleep Secrets, Insomnia Solution, How to Cure Insomnia, How to Beat Fatigue, How to Sleep Better, Get Deeper Sleep, Sleep Smarter, Insomniac, Sleep Problems, Deep Sleep, Good Night, Good Sleep, Sleeping Disorder, Sleeping Trouble, Sleep Disorders, Sleepless, Sleep Remedies, Extreme Insomnia, Reason for Insomnia)

A Memoir of Narcolepsy

Mindfulness in Nature as a Path of Self-Discovery

Stories

The Little Book of Sleep

'3am and Wide Awake' is a collection of 25 thrillers and chillers by prolific short story writer, Sarah England. From the demonically inspired title story, to the madness of 'Girl in the Rain', or the shocking sadness of 'Rough Love' - there is one common factor - each story will take you to the edge of the precipice, and then bring you safely back again. Usually... Dip into revenge with 'Retribution', or medieval terror with 'The Witchfinders'...Dare to invite a stranger into your house with 'Moving In'. Can you bear the aching loneliness of 'Burned'? Or the frightening consequences of dabbling with a Ouija board in 'Out of the Woods'? Why is a top surgeon being haunted by a vengeful woman in, 'A Second Opinion'? And what happened to the girl who took 'The Last Bus Home'? Whatever you choose - we hope you will still be reading at 3am. And wide awake...

'I read this eagerly because I am desperate for tips on how to sleep better. It is based around the revolutionary idea that when it comes to sleep what matters is not the hours you spend in bed but the quality of the sleep you are getting - your sleep efficiency. This book was full of surprises!' --

Jeremy VineGroundbreaking sleep science from the bestselling author of *The 5:2 Fast Diet* and *The Fast 800A* 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 recommendations - 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.

*At bedtime, Stella must find a way to make her toys fall asleep before she can go to sleep.*

*Nine-year-old Eddie has such a wonderful imagination that late one night he catches a Sandman who escorts him to Dreamland. Once there, he learns Mortimer has cast an evil spell on the Sandman's sand with one diabolical aim: to steal Eddie's imagination. Eddie's only hope to break the spell and get back home safely is to find the last good wizard in Dreamland. During that journey, he encounters many perils in his desperate race against time. All of this happens because Eddie is not asleep as he should be. Eddie is Wide Awake in Dreamland. Conjuring memories of such classics as *The Wonderful Wizard of Oz* and *Alice in Wonderland*, John Duel's *Wide Awake in Dreamland* celebrates its 20th anniversary as a treasured favorite in the library of children's literature. From the whimsy of the clueless but well-meaning Sandmen to the terrifying Trogs, *Wide Awake in Dreamland* packs its page-turning story full of adventure. Booklist said "this rollicking fantasy has it all" and those words are as true today as they were when the book was first published in 1992. March 1, 1992 Booklist review: This rollicking fantasy has it all: an exciting plot, a likable hero, an evil warlock, a powerful wizard who's "just a girl," tiny sandmen who sound suspiciously like leprechauns, hordes of awful creatures, and a kindly giant who isn't tall. Nine-year-old Eddie has a terrific imagination. That's why he's able to catch Sandy, the sandman. Though initially shocked that Eddie can see him, Sandy recovers quickly and invites Eddie to Dreamland, assuring him that nothing can harm him as long as he's really asleep. Eddie accepts the invitation, but when the pair reach Dreamland, they learn that Mortimer, the evil warlock, has tainted the sleep sand so he can steal Eddie's imagination. The only one who can help Eddie now is the wizard Beni, and the expedition to find Beni results in one adventure after another. Middle-school fantasy lovers won't be able to put this book down, and older readers will also enjoy the puns and silly situations—even though Eddie is only nine. A wonderful read-aloud. -Chris Sherman "bright, original...swift and involving." -Children's Bookwatch "a spell binder... This is a fairy tale for children of all ages." -Abilene Reporter-News*

*Improve Brain Function, Lose Weight, Boost Your Mood, Reduce Stress, and Become a Better Sleeper*

*How to Find Your Inner Glow. A Meditation with Babaji*

*Public Health Service Publication*

*3am and Wide Awake*

*The Christian Union*

*20th Anniversary Edition*

**"For five thousand years the politician and the priest have been in the same business." In this provocative volume, Osho invites us to look through his microscope and examine not only the profound influence of religion and politics in society, but also its influence in our inner world. To the extent we have internalized and adopted as our own the values and belief systems of the "powers that be," he says, we have boxed ourselves in, imprisoned ourselves, and tragically crippled our vision of what is possible. From Occupy Wall Street to the Arab Spring, from the election of the first Black president in the United States to the appointment of a new pope who promises to use St. Francis of Assisi as a role model (following endless scandals involving child abuse) the roles of priests and politicians in our public life have recently captured the attention of our times, often just initiating another round of hope and subsequent disillusionment. In other words, wittingly or unwittingly, we keep digging ourselves deeper into the mess we are in. A new kind of world is possible — but only if we understand clearly how the old has functioned up to now. And, based on that understanding, take the responsibility and the courage to become a new kind of human being." "You have to be aware who the real criminals are. The problem is that those criminals are thought to be great leaders, sages, saints, mahatmas. So I have to expose all these people because they are the causes. For example, it is easier to understand that perhaps politicians are the causes of many problems: wars, murders, massacres, burning people. It is more difficult when it comes to religious leaders, because nobody has raised his hand against them. They have remained respectable for centuries, and as time goes on their respectability goes on growing. The most difficult job for me is to make you aware that these people — knowingly or unknowingly, that does not matter — have created this world."**

**The Last Story is the insight view of a collection of myths, legends, fables, prophecies, and facts of an object I discovered several years ago. I knew it had to be something of substantial importance to someone or had an origin beyond this world.**

**To be asleep is to be oblivious to being oblivious. The danger of sleep is the danger of carbon monoxide: it's colorless and odorless, and you're anesthetized before you know it—before you ever hit the floor. And for the follower of Jesus, it's just as dangerous—because the Christian who is "asleep" is spiritually unreceptive. If anything will be our undoing, sleep will. In this thoughtful, engaging, challenging book, Rick James dives deep into the New Testament's teachings on spiritual wakefulness, calling Christ-followers to defy the darkness and remain awake as they await Christ's return. Because being awake—continually in prayer, watchful for God's will, expectant of open doors, cautious of sin, desiring to serve, eager to repent, continuously giving thanks, willing to witness, embracing of humility, overflowing with kindness, persevering in obedience—changes everything.**

**Children will love reading along with this delightful story about a little boy named Jake who can't sleep - and parents will identify with Jake's frustrated mom and dad! Little readers will love the imaginative story and bright pictures, and this tale is perfect to help children get ready for their own bedtime. Ideal for children just learning to read.**

**The Last Story**

**Bridging the gap between research and practice**

**Wide Awake Jake**

**The Things You Find on the Appalachian Trail**

**Wide Awake**

**Where You'll Find Me**

**Where You'll Find Me** by Erin Fletcher When Hanley Helton discovers a boy living in her garage, she knows she should kick him out. But Nate is too charming to be dangerous. He just needs a place to get away, which Hanley understands. Her own escape methods—vodka, black hair dye, and pretending the past didn't happen—are more traditional, but who is she to judge? Nate doesn't tell her why he's in her garage, and she doesn't tell him what she's running from. Soon, Hanley's trading her late-night escapades for all-night conversations and stolen kisses. But when Nate's recognized as the missing teen from the news, Hanley isn't sure which is worse: that she's harboring a fugitive, or that she's in love with one.

**Goodnight Sleep Tight**

**City of Scoundrels**

**As Good As Dead**

**Wide-Awake Faith in a World Fast Asleep**

**Flip Flap Find Nighttime Animals**