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Fast Asleep, Wide Awake: Discover the Secrets of Restorative Sleep and Vibrant Energy Audible Audiobook – Unabridged Dr Nerina Ramlakhan (Author, Narrator), HarperCollins Publishers Limited (Publisher)

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Fast Asleep, Wide Awake: Discover the secrets of restorative sleep and vibrant energy. by. Nerina Ramlakhan. 3.52 - Rating details · 48 ratings · 7 reviews. A powerful methodology to help you switch on your body ' s innate ability to sleep well and how to build extraordinary energy.

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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.

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Fast Asleep, Wide Awake: Discover the secrets of 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.

~~The Little Book of Otter Philosophy by Jennifer McCartney...~~

In Fast Asleep, Dr. Michael Mosley brings together the latest, groundbreaking science to explain exactly why it is so important that we regularly get enough sleep. Prone to insomnia, he has taken part in numerous sleep experiments and tested every sleep remedy. Combining personal insight and in-depth research, he explains why so many of us ...

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

<p>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.</p>
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<p>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.</p>

<p>Exploring the underlying causes of common sleep problems, this guide offers solutions for how they can be easily overcome, revealing the potential for reclaiming a healthy balance in life. Acknowledging the breakneck speed of daily existence and how most people retire for the evening so exhausted they are unable to fall asleep, this handbook discusses the author ' s "Sleep Toolkit, " a set of tried-and-true methods that has been developed with thousands of former patients, from burnt-out executives to mothers struggling with the demands of children and a full-time job. Overturning the myth that the average person requires eight hours of sleep every night, this examination argues that fewer hours of quality, restorative sleep are more valuable, presenting practical and accessible steps towards gaining an inner equilibrium that is physically and emotionally revitalizing. Unveiling the key to discovering natural rhythms, this reference is guaranteed to fit any lifestyle or personality, providing all the essential habits and routines necessary for optimal sleep.</p>

<p>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.</p>
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<p>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.</p>
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<p>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.</p>

<p>Three extraordinary novellas narrate the individual stories of three women, all bewitched into a spiritual sleep--a sleepwalker mourning a lost love, a woman unable to remain awake who is involved in an affair with a man whose wife is in a coma, and a woman whose dreams are haunted by a woman she once confronted in a love triangle. Reprint. 50,000 first printing.</p>
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<p>"When Bear can't sleep, he goes on an adventure and discovers the wonders of New York City--a parade, Central Park, hot dogs, and more! But when he finally gets tired and looks for a place to rest, he learns why it's called the city that never sleeps"--Dust jacket flap.</p>
