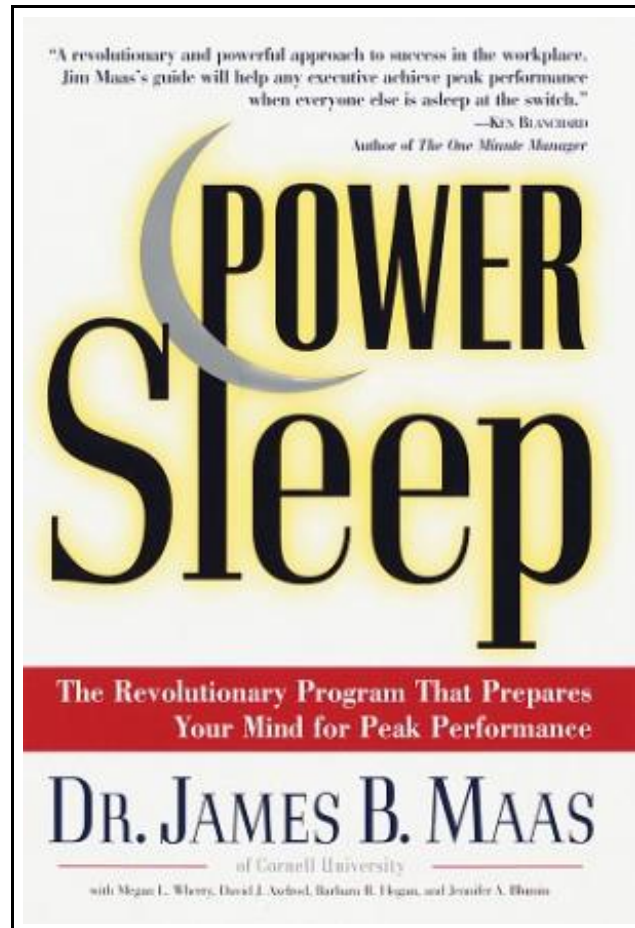


Power Sleep : The Revolutionary Program That Prepares Your Mind for Peak Performance



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Reviews

Great e book and helpful one. It really is written in straightforward terms and not hard to understand. You can expect to like how the blogger wrote this book.
(Hudson Christiansen)

POWER SLEEP : THE REVOLUTIONARY PROGRAM THAT PREPARES YOUR MIND FOR PEAK PERFORMANCE



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Villard, 1998. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Rest is the basis of dynamic activity. . . . Want to be more creative, loving, and successful? Follow Dr. Maas's powerful practical advice for doing less but accomplishing more." --Harold H. Bloomfield, M.D., author of *The Power of 5* and *TM* "As the world speeds up and shrinks, physical energy and mental activity increase in importance, particularly with the drag of jet travel and 55-plus-hour workweeks. . . . Here is a handbook for successful survival." --William E. Phillips, former chairman and CEO, Ogilvy & Mather Do your eyelids feel heavy during afternoon meetings? Do you use caffeine to stay alert? Need a glass of wine to fall asleep? An alarm to get out of bed? These are all symptoms of sleep deficiency--signals that you are operating below your peak performance and beneath your mental capacity. Despite popular perceptions, sleep is not a luxury--it is a necessity. Over 100 million Americans are sleep-deprived, and make crucial business and personal decisions in an impaired state. In *Power Sleep*, Dr. James B. Maas, pioneer of sleep research at Cornell University, provides an easy, drug-free way to improve your body and brain for an alert and productive tomorrow. With adequate sleep, your potential is renewed every morning. Dr. Maas has lectured to top corporations around the country and the world on the importance of sleep. He has collected all of his research and time-tested formulas to create a lucid and easy program geared specifically toward helping you achieve peak performance in every aspect of your life. In *Power Sleep*, you'll find: The golden rules of sleep Twenty great sleep strategies Do's and don'ts of sleeping pills and over-the-counter remedies How to combat travel fatigue, including jet...

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