



SLEEP THIEVES



**AN EYE-OPENING EXPLORATION
INTO THE SCIENCE
AND MYSTERIES OF SLEEP**

STANLEY COREN
AUTHOR OF THE BESTSELLING THE INTELLIGENCE OF DOGS

Sleep Thieves An Eye Opening Exploration Into The Science And Mysteries Of Sleep

Hugh Wagner, Kevin Silber



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Sleep Thieves Stanley Coren, 2012-12-11 The A to ZZZ of sleep is offered by the bestselling author of *The Intelligence of Dogs* In an engrossing blend of entertaining anecdotes and scientific data bestselling author Stanley Coren explores the world of sleep and sleeplessness

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Light Pollution Bob Mizon, 2012-06-22 There have been many developments in the field of light pollution over the last few years and this second edition of *Light Pollution Responses and Remedies* will introduce them in detail Examples include the appearance of anti light pollution legislation in various countries new departures in lighting design human health implications and the growing realization among the general public that lighting is not always a good thing In this title author Bob Mizon discusses the various ways in which wasted artificial light has damaged the quality of modern life and suggest solutions This book is for anyone who has experienced glare discomfort or nuisance from poorly directed lights has wondered why we waste so much money lighting the sky or anyone who simply wants to see the stars instead of a baleful urban glow *Light Pollution 2nd Edition* offers practical and inexpensive solutions to the world wide problem of wasted artificial light and emphasizes that light pollution is not just an astronomers problem but affects everyone in various ways

Research in Organizational Behavior Barry Staw, 2006-07-25 This twenty seventh volume of *Research in Organizational Behavior* carries forward the tradition of high level scholarship on a broad array of organizational topics Like many previous volumes this collection is truly interdisciplinary with chapters ranging from personality and decision making in organizations to interpersonal dynamics such as helping and group process to organizational level analyses of legitimization and change Each of the essays is well reasoned thoughtful and provocative proving once again that the field of organizational behavior is flourishing in both its depth and scope Interdisciplinary with a wide range of subjects discussed by experts in their fields Addresses personality development empowerment creativity dysfunctional groups institutionalization and more

Strange Histories Darren Oldridge, 2004-08-02 *Strange Histories* presents a serious account of some of the most extraordinary occurrences of European and North American history and explains how they made sense to people living at the time Using case studies from the Middle Ages and the early modern period this book provides fascinating insights into the world view of a vanished age and shows how such occurrences fitted in quite naturally with the common sense of the time Explanations of these phenomena riveting and ultimately rational encourage further reflection on what shapes our beliefs today What made reasonable educated men and women behave in ways that seem utterly nonsensical to us today This question and many more

are answered in this fascinating book **Handbook of Death and Dying** Clifton D. Bryant, 2003-10-01 This is a singular reference tool essential for academic libraries Reference User Services Quarterly Students professionals and scholars in the social sciences and health professions are fortunate to have the unwieldy corpus of knowledge and literature on death studies organized and integrated Highly recommended for all collections CHOICE Excellent and highly recommended BOOKLIST Well researched with lengthy bibliographies The index is rich with See and See Also references Its multidisciplinary nature makes it an excellent addition to academic collections LIBRARY JOURNAL Researchers and students in many social sciences and humanities disciplines the health and legal professions and mortuary science will find the Handbook of Death and Dying valuable Lay readers will also appreciate the Handbook's wide ranging coverage of death related topics Recommended for academic health sciences and large public libraries E STREAMS Dying is a social as well as physiological phenomenon Each society characterizes and consequently treats death and dying in its own individual ways ways that differ markedly These particular patterns of death and dying engender modal cultural responses and such institutionalized behavior has familiar economical educational religious and political implications The Handbook of Death and Dying takes stock of the vast literature in the field of thanatology arranging and synthesizing what has been an unwieldy body of knowledge into a concise yet comprehensive reference work This two volume handbook will provide direction and momentum to the study of death related behavior for many years to come Key Features More than 100 contributors representing authoritative expertise in a diverse array of disciplines Anthropology Family Studies History Law Medicine Mortuary Science Philosophy Psychology Social work Sociology Theology A distinguished editorial board of leading scholars and researchers in the field More than 100 definitive essays covering almost every dimension of death related behavior Comprehensive and inclusive exploring concepts and social patterns within the larger topical concern Journal article length essays that address topics with appropriate detail Multidisciplinary and cross cultural coverage EDITORIAL BOARD Clifton D Bryant Editor in Chief Patty M Bryant Managing Editor Charles K Edgley Associate Editor Michael R Leming Associate Editor Dennis L Peck Associate Editor Kent L Sandstrom Associate Editor Watson F Rogers II Assistant Editor *The Soul of the New Consumer* David Lewis, Darren Bridger, 2011-09-09 Unearths the essence of new consumer behavior explores the drive for authenticity over commodity and looks at why this is **Psychology** Richard A. Griggs, 2008-02-15 The updated 2nd edition of this brief introduction to Psychology is more accessible and ideal for short courses This is a brief accessible introductory psychology textbook The updated 2nd edition of this clear and brief introduction to Psychology is written by the award winning lecturer and author Richard Griggs The text is written in an engaging style and presents a selection of carefully chosen core concepts in psychology providing solid topical coverage without drowning the student in a sea of details **When Working Out Isn't Working Out** Michael Gerrish, 1999-04-15 Considered a holistic fitness guide this book exposes readers UFOs Unidentified Fitness Obstacles With an arsenal of cutting edge information this book enables them to uncover the missing links in the

quest for a healthy body Line drawings **BIOS Instant Notes in Physiological Psychology** Hugh Wagner, Kevin Silber, 2004-04-01 Instant Notes in Physiological Psychology provides a succinct overview of the key topics in physiological psychology providing easy access to the core information in the field Although physiological psychology is a required component of most degrees the authors recognise that many students come from non scientific backgrounds and may find the subject daunting This book covers all of the essential topics in a format that is ideal for learning and rapid revision for students from all backgrounds It can serve as a core text supplemented by readings in the original literature as a reference guide for students and lecturers alike or as an ideal revision revision guide prior to exams Instant Notes in Physiological Psychology is primarily intended for students taking a first course in the subject but can also be used as an introduction to the field for undergraduates and graduates from other subject areas

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