

# TEARING THE SILENCE

On Being German  
in America

URSULA HEGI

AUTHOR OF STONES FROM THE RIVER



# Tearing The Silence On Being German In America

**Sebastian Brünink**



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lack of sleep can impact the body both mentally and physically

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web apr 29 2020 carving out time for rest is critical some of the most common emotional and behavioral challenges stress anxiety and depression are closely connected to sleep shortchange the circadian clock