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TERI D. MAHANEY, PH.D.

Supersleep The Ultimate Power To Change Your Life

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SuperSleep Teri D. Mahaney,2002 With practical results orientated techniques that have helped thousands harness the power of their subconscious mind this book will help readers to overcome their obstacles direct personal growth develop positive relationships and achieve success Based on methods both ancient and new SuperSleep teaches readers how to prepare personalised affirmation tapes which when played during sleep reach the brain at its deepest levels and work quickly to dissolve negative self talk at its origins replenishing stores of optimism and self confidence The Publishers Weekly 2002 **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004 **Books Out Loud**, 2004 Parents, 1999

The Power of Sleep Ben Azadi, 2018-08-27 Does you have difficulty falling asleep Do you feel wired and tired Wake in the middle of the night Hitting the snooze button Have difficulty waking for the day or staying awake at work If you are someone who answered yes to any of the above questions this book will change your life Sleep is the foundation that perfect health is built on without it the house will fall apart wall by wall Did You Know 98% of fat burning takes place during sleepChronic sleep deprivation has been associated with a shorter life spanOne night of bad sleep can impact your ability to think clearly the next dayDramatically weaken your immune systemIn The Power of Sleep best selling author Ben Azadi FDN P explains with authority and science the most effective strategies to switch off your brain stop hitting snooze wake up energized and own the day Written to deliver information efficiently this valuable sourcebook contains the latest research on the best course of action for sleep problems prevention and treatment common mistakes parents make trying to get their children to sleep different sleep needs for different temperaments stopping the crybaby syndrome nightmares bedwetting and more ways to get your baby to fall asleep according to her internal clock naturally handling nap resistant kids and when to start sleep training why both night sleep and day sleep are important obstacles for working moms and children with sleep issues the father's role in comforting children how early sleep troubles can lead to later problems the benefits and drawbacks of allowing kids to sleep in the family bedBen Azadi FDN P is on a mission to help 1 billion people live a healthier lifestyle Ben is the author of two best selling books The Perfect Health Booklet Simple Steps Proven to Transform Your Health and The Intermittent Fasting Cheat Sheet Discover How This Ancient Practice Can Transform Your Health Ben has been the go to source when it comes to holistic health longevity anti aging functional fitness and fat loss He is known as The Health Detective because he investigates dysfunction and educates not medicate to bring the body back to normal function Ben is considered a ketogenic and intermittent fasting expert amongst his peers Change Your Mind/Life Supertraining Press, Incorporated, 2002 Sleep Hacking! Dominique Francon, 2014-08-20 27 Proven Tips to HACK Your Sleep And Your Life Forever Do You Want to Sleep Better Feel Energized if you want to live a long happy life then you NEED to learn how to hack your sleep Yes you need it It doesn't matter what you do maybe you work at a retail company maybe you re a lawyer trying to close a deal or a stock broker hoping to make a sale When it comes to sleep we are ALL in the same game and yet most

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