



Sleep: Get The F*ck To Sleep: 9 Steps to Sleep Like a Bear, and Acquire the Energy of a Champion

Brady Nelson

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Sleep is a fact of life, but for many adults, lack of sleep is even more so. You've seen and heard it all -- new fads, supplements, breathing patterns, visualizations -- trash that aspiring conmen feed the sleep-deprived public just so they will fork out some cash. But you still have this book in your hands. And that means the others -- lots of others -- didn't work. "Get the F*ck to Sleep (For Adults): 9 Steps to Sleep Like a Bear, and Acquire the Energy of a Champion" is the book that you need. Short, well-researched, straight-to-the-point, and effective, this book takes the art of sleeping back to its physiological and environmental roots. With nine concise and easy-to-follow chapters, this book gathers some of the most effective and time-tested ways to the best sleep you've ever had -- ways that most of us have forgotten as we chase after new and "groundbreaking" techniques. The chapters in this book are laid out in a way that you get to the meat of the matter immediately. No esoteric mumbo jumbo, no long and winding prologues -- just stuff that you can get up and do immediately. Myths are dispelled, ideas explained, and sex is hailed as the panacea for sleep -- you will wish this is the first sleep book you have ever tried...Go Ahead, Get Started...

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