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Mapping the Darkness Kenneth Miller, 2023-10-03 WINNER OF THE 2024 ASJA BOOK AWARD BIOGRAPHY HISTORY NAMED A BEST BOOK OF THE YEAR 2023 BY THE NEW YORKER NEW YORK TIMES EDITOR'S CHOICE SELECTION From award winning journalist Kenneth Miller comes the definitive story of the scientists who set out to answer two questions Why do we sleep and How can we sleep better A century ago sleep was considered a state of nothingness even a primitive habit that we could learn to overcome Then an immigrant scientist and his assistant spent a month in the depths of a Kentucky cave making nationwide headlines and thrusting sleep science to the forefront of our consciousness In the 1920s Nathaniel Kleitman founded the world's first dedicated sleep lab at the University of Chicago where he subjected research participants including himself to a dizzying array of tests and tortures But the tipping point came in 1938 when his cave experiment awakened the general public to the unknown and vital world of sleep Kleitman went on to mentor the talented but troubled Eugene Aserinsky whose discovery of REM sleep revealed the astonishing activity of the dreaming brain and William Dement a jazz bass playing revolutionary who became known as the father of sleep medicine Dement in turn mentored the brilliant maverick Mary Carskadon who uncovered an epidemic of sleep deprivation among teenagers and launched a global movement to fight it Award winning journalist Kenneth Miller weaves together science and history to tell the story of four outsider scientists who took sleep science from fringe discipline to mainstream obsession through spectacular experiments technological innovation and single minded commitment Readers will walk away with a comprehensive understanding of sleep and why it affects so much of our lives A propulsive utterly engrossing history None of it is simple and all of it is captivating The New York Times **Mapping the Darkness** offers two narratives at once a sweeping journey of discovery about dreams sleep and the

terra incognita of unconsciousness and a wake up call about the dangers of chronic exhaustion It s time Mr Miller tells us to take our sleep back *The Wall Street Journal* **McCall's**, 1997 **Stronger Faster** Brian Paul Kaufman, Sid Kirchheimer, The Editors of Men's Health Books, 1997-05-15 Includes material on weight lifting stretching running bicycling and more as well as real life scenarios featuring Pat O'Brien Thomas R Carper governor of Delaware David Bradley author Gary Barnett Doug Colbeth and Tom Peters **Conquer the Brain Drain** Fiona Carmichael, Judi Moreo, 2002

Psychology at Work Peter Warr, 1996 In its 4th edition this entirely new collection of essays aims to illustrate both the empirical and practical richness of psychology at work as well as its theoretical development **Aha!** Jordan E. Ayan, Rick Benzel, 1997 Aha is a joyful upbeat survey of ideas for enhancing creativity Jordan Ayan s enthusiasm is hard to resist and every reader will find personally suitable strategies Aha is an inspiring yet practical guidebook for freeing the creative spirit Betty Edwards author of *Drawing on the Right Side of the Brain* A delightful romp through the rich and complicated field of creativity Ayan s Aha is bound to make the reader s thinking more interesting and original Mihaly Csikszentmihalyi ph d author of *Flow the Psychology of Optimal Experience* The future belongs to those who create it Jordan Ayan s exceptional book will show you how to create yours by providing the keys to unlock your great ideas Daniel Burrus author of *Technotrends* and a leading technology forecaster Behind every successful venture there s a great idea If you haven t found your great idea yet or if you ve always thought you just weren t the creative type Jordan Ayan s accessible and entertaining book will give you the confidence to listen to your own creative spirit and to find the breakthrough you ve been waiting for Based on the notion that creativity is a life skill that must be continually cultivated Ayan offers ten strategies for finding and harnessing inspiration wherever and whenever it occurs His mini workshops will show you how travel reading the arts new technology journaling and more can form the basic building blocks of a more creative and rewarding life *The Futurist*, 1995 **Energy Breakthrough** Sarah the Duchess of York, Sarah Ferguson, Weight Watchers International, Weight Watchers, 2002 Combines inspirational support with a practical plan featuring a stamina raising diet designed to keep energy levels up while losing weight and includes advice on using exercise to enhance vitality and fixing energy robbing eating habits **The Psychology Teacher Network**, 1996 *Mary Lee's Natural Health & Beauty* Mary Lee Patton, Bob Condor, 2001 An aromatherapist shows how essential plant oils can change lives allowing people to look younger and feel better Includes recipes and regimens for skincare Illustrations **High Energy Living** Robert K. Cooper, 2002-01-08 Using a series of 21 simple switches High Energy Living teaches readers to turn off negative energy draining habits and turn on positive energy boosting behaviors By the author of the bestselling *Low Fat Living* *A Woman's Guide to Sleep* Joyce A. Walsleben, Rita Baron-Faust, 2000 Women s sleep problems are different from men s because they have a different biology psychology and sleep patterns **Secrets of Self-Employment** Paul Edwards, Sarah Edwards, 1996-09-09 The bestselling *Self Employment Experts* present a book that will help you survive in today s career marketplace Whether you re just starting

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