

S L E E P T I N T

**The Ultimate Guide
to Better Sleep:
Hacks for Every
Lifestyle (Digital File)**



Sleep Hacks Guide

Russ Walter



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The Shell Hacker's Guide to X and Motif Alan Southerton, 1994-01-26
Written by a well-known UNIXWorld editor, this practical hands-on guide shows UNIX users how to customize the X Window System environment at the window manager level. It includes utilities for modifying menus, colors, and fonts, mouse behavior, customized windows, and keyboards, and more.

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Meta-Meditation for Mental Health Steve Haberlin, 2026-04-07
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