

10 SCIENCE-BACKED HACKS FOR BETTER SLEEP

CREATE A CONSISTENT SLEEP SCHEDULE



OPTIMIZE YOUR SLEEP ENVIRONMENT



REDUCE BLUE LIGHT EXPOSURE



LIMIT CAFFEINE AND ALCOHOL



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much anticipated second edition of the bestselling book that details network security through the hacker's eye. Since the first edition of *Hack Attacks Revealed* was published, many new attacks have been made on all operating systems including UNIX, Windows XP, Mac OS, and Linux, and on firewalls, proxies, and gateways. Security expert John Chirillo is ready to tackle these attacks with you again. He has packed the Second Edition of his all-in-one reference with forty percent new material. In this fascinating new edition, you'll discover:

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Gray Hat Hacking: The Ethical Hacker's Handbook, Fifth Edition Daniel Regalado, Shon Harris, Allen Harper, Chris Eagle, Jonathan Ness, Branko Spasojevic, Ryan Linn, Stephen Sims, 2018-04-05

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73 Amateur Radio Today, 2000

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