

Ultimate Sleep Hacks



Put your phone down 2 hrs before bed. You'll thank us tomorrow, we promise.



Bust out the aromatherapy. And breathe in and out the zen vibes.



Use a weighted blanket. It's like getting tucked in with a giant hug.



Sleeping masks are equal parts fashionable and functional.



Try a white noise machine or sleep meditation to knock out in an instant.



Turn the TV off. That next episode will be just as good in the morning.



Get in the nighttime flow with some restorative yoga.



Save the intense workouts for earlier in the day. That adrenaline rush won't help you sleep.

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Hacker's Diary Adam Smith, 2018-08-22 A debut novel by Adam Prockstem Smith He is living in Israel and after several months of work in Duty Free he comes up with an idea how to elegantly rob the place As a computer science and computer application enthusiast he lives the life of a writer in the Middle East The main hero in this book is a Hacker and he describes in a diary manner the mind that stands behind a perfect cybercrime The book has resources points of enlightenment and philosophical ruminations It has every aspect of a good afternoon read for every type of reader that is not afraid to be spoken by the intelligent author Throughout this book you will learn about Dark Web and elementary aspects of planning a cybercrime It is a fiction nonetheless not a practical guide

From Depression to Contentment Bob Rich, 2019 From Depression to Contentment A Self Therapy Guide is a course of therapy in your pocket You can be your own therapist changing the way you see yourself and your world Not only does this save lots of money it also is 100% confidential The book starts with first aid provides an understanding of the nature and causes of suffering instructs you in research based techniques for dealing with your problems and finally teaches you an actual cure for depression Every tool in this book is based on research but presented in an easy to understand easy to apply manner With homework assignments you will find your inner strengths uncover the true source of happiness and develop great resilience Learn how to put the philosophies of all great religions to practical use even if you are an atheist This program can help you start a new life one of meaning positivity and purpose Unlike instructional books this book is not only useful but also enjoyable If you re depressed and need someone who gets you who has been there and who can walk you through the journey toward a life worth living then From Depression to Contentment will be your new best friend Bob meets you where you are and can lead you home to yourself

Petrea King CEO and founder of Quest for Life Foundation Combining his personal and professional experience Dr Rich offers a valuable self help tool for those seeking additional insight for coping with depression The suggested exercises are easy to follow with an explanation of what they are helping with And he does it all with a great sense of humor woven in

Chynna T Laird author of Not Just Spirited A Mom s Sensational Journey with Sensory Processing Disorder SPD Dr Bob Rich has created a simple and direct guide to beat back depression for good Put forth in easy to digest bits the approach uses small effective steps to move past the overwhelm of depression Diane Wing M A author of The Happiness Perspective Seeing Your Life Differently The essential message of the book is that you can beat depression by improving the quality of your thinking your behavior and your life Overall a wonderfully refreshing and practical self help guide to healing from depression and living a fulfilling life

Beth Burgess psychotherapist author of Instant Wisdom The Happy Addict and The Recovery Formula Depression can be turned into a positive and can actually enrich our lives if we just try It is not easy to acquire the skills and the knowledge necessary to learn to cope well and to recover but this book will make the effort easier Specific interventions like guided imagery and mindfulness meditation are suggested and explained All in all this is a valuable manual

on how to live well with depression and acquire the right skills and knowledge that will tame the depression to a point where the person will live well without being affected by symptoms Alfredo Zotti author of Alfredo s Journey An Artist s Creative Life with Bipolar Disorder **The Methodist Times** ,1892 **C and D** ,1891 Business ,1924 The Wall Street Journal ,2008 *Trade* ,1904 **Druggists Circular** ,1898 *The Southern Lumberman* ,1900 *Popular Mechanics Magazine* ,1924 *New York Magazine* ,1982-09-13 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Motor Boat** ,1921 **Army-Navy-Air Force Register and Defense Times** ,1903 The Motor Boat ,1921 **The Age of Steel** ,1896 The Illustrated sporting & dramatic news ,1875 **American Druggist** ,1927 *American Meat Trade and Retail Butchers Journal* ,1912 The country ,1876 **Scarlet and Black** ,1896

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