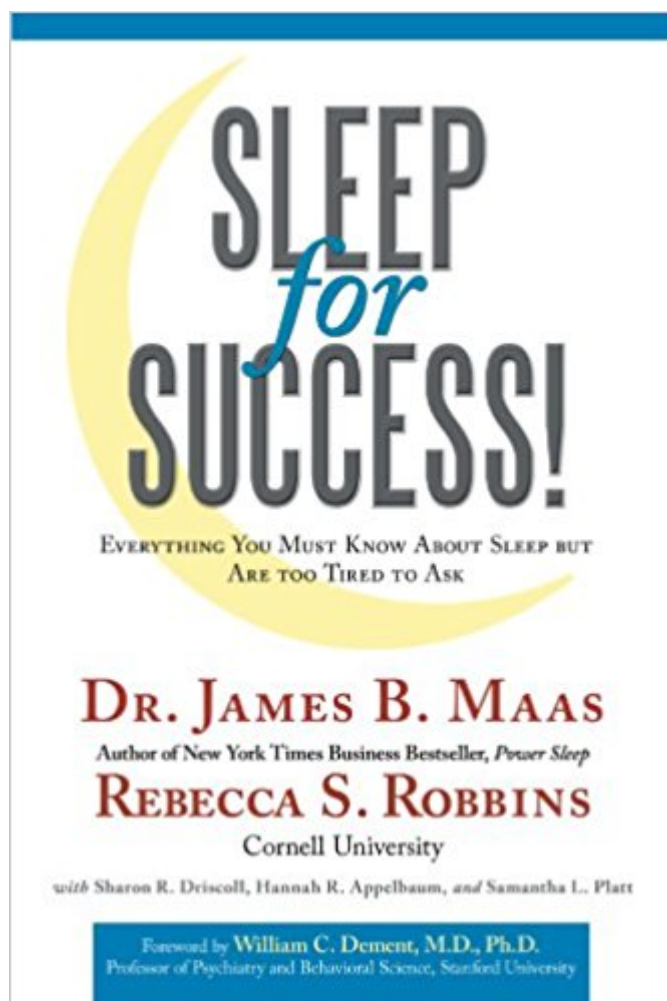


The book was found

Sleep For Success! Everything You Must Know About Sleep But Are Too Tired To Ask



Synopsis

Given the present, stress-inducing state of the economy and the world, there has never been a better time to provide a wake-up call on how to relax, get centered, get 8 hours of sleep and be happier and more successful. Recent research has shown us that when we get enough sleep, we are able to accomplish more in less time and with less stress and greater health. We don't need a 26-hour day. With more efficient and effective sleep habits, in our book, 24 hours is more than adequate. Our proposition is simple and compelling. Do you want to be healthier, more productive, energetic, creative, organized, efficient, and constantly expanding your potential? Do you want to be less stressed, happier, have a better relationship with yourself and others, and a deeper sense of well-being? What if you could take a few small steps every day that would enable you to eventually achieve all these things? You can. In fact, it's easy. Sleep for Success, a convincing, psychological approach to changing attitudes and behaviors, is written for anyone who wants to get a great night's sleep, feel wide-awake and be a peak performer all day. It pertains to executives, students, parents, athletes, children and senior citizens. If you're human, chances are that you are at least somewhat sleep deprived. Sleep for Success! can change your life - literally overnight.

Book Information

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Customer Reviews

Dr. James B. Maas received his B.A. from Williams College and his M.A. and Ph.D. from Cornell. He is Stephen H. Weiss Presidential Fellow, professor and past chairman of psychology at Cornell University and professor at the Weill Cornell Medical College-Qatar. Dr. Maas has been a Fulbright Senior Professor to Sweden and a visiting professor at Stanford University. Dr. Maas is the recipient

of the American Psychological Association's Distinguished Teaching Award for being the nation's outstanding educator in psychology. He holds the world's record for having taught more than 65,000 university students in his 44-year career. Dr. William C. Dement, the father of modern day sleep research, refers to Dr. Maas as "the world's first and foremost sleep educator" Dr. Maas is co-founder of Sleep for Success, a consulting company that provides sleep and performance education to corporations, educational institutions and professional athletic franchises. He is one of the nation's most sought after speakers, presenting highly acclaimed programs for such organizations as: Young Presidents' Organization (YPO), World Presidents' Organization (WPO), Eastman Kodak, IBM, Apple Computers, the GAP, Goldman Sachs, CitiGroup, John Hancock, Merrill Lynch, Morgan Stanley, Maytag, US Navy, SC Johnson, American College of Facial and Plastic Surgeons, American Urological Association, Pepsi Cola, Quaker Oats, Nestle, Starwood Hotels, Cunard, Crystal Cruise Lines, the New York Jets and the Orlando Magic. Rebecca Scott Robbins, B.S. Cornell University, served as instructor at the Weill Cornell Medical College-Qatar, is a PhD candidate in communications at Cornell University, and is co-founder of Sleep for Success. Rebecca has presented dynamic speeches on sleep to large corporate and educational audiences

Sleep for success is a great book about maximizing your personal potential. The author made a great case for making sure you get adequate sleep. I didn't even have a chance to finish the book before I was practicing the principles inside. Sadly, I got this book right as my first child was born. That made it a lot harder to continue, but I am counting the days until I can start sleeping my way to success. I would recommend this book to anyone who likes learning about increasing the efficiency of themselves.

I teach a unit to high school seniors every year about Sleep Deprivation. This book has not only been an excellent reference book, but I have actually had students to listen to several chapters aloud, including the advice for teenagers. Many times students will not listen to a teacher, but when listening to experts speaking through literature, something may click that will remind the students that maybe getting a good night's sleep might improve their lives. Everyone, young and old, should read this book!

"Sleep for Success" is a great choice for those who are looking to learn the basics about sleep. It is a good starting place for those researching the importance of sleep and how to achieve better sleep habits. The book is well written, easy to read, and presents basic information in a way that is easily

accessible to all readers. However, if you are looking for more in-depth information about the science of sleep and sleep architecture, this is likely not the book for you.

received the book too late to use in my class (my fault, ordered it too late) but great book.

I waited to write this review. It has been over a year since I read Sleep for Success. Not only am I sleeping better, but so are my kids. They are all on the honor roll and never sick anymore. I recommend this book to anyone who wants to make more money, be healthier, and enjoy life to the fullest. I read parts of it from time to time so I never go back to the man I once was.

a

A lot of the information in this book is common sense and really a compilation of things I have heard over the years from many sources. Good insights if you have never dealt with this issue.

It has so many practical items of advice for all age levels. I am a Senior suffering from insomnia and the advice in this book and the reason's why they should help me, have given me much more consistent sleep. I bought a copy for all of my adult children. It also includes chapters on the sleep routines for babies, young children and teens. A very helpful book.

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