



The Sleep Revolution

By Huffington, Arianna

Condition: New. Publisher/Verlag: Random House UK | Transforming Your Life, One Night at a Time | In her NEW YORK TIMES bestseller THRIVE, Arianna Huffington introduced her readers to the importance of sleep in terms of redefining success, through wisdom and well-being. In her new book, she reveals all the ways that our inability to get enough sleep impacts our lives, undermines our decision making and compromises our health, and offers strategies to take control of our sleep lives. | We are in the midst of a sleep deprivation crisis, and this has profound consequences - on our health, our job performance, our relationships and our happiness. In this book, Arianna Huffington boldly asserts that what is needed is nothing short of a sleep revolution. Only by renewing our relationship with sleep can we take back control of our lives. Through a sweeping, scientifically rigorous and deeply personal exploration of sleep from all angles, Arianna delves into the new golden age of sleep science that reveals the vital role sleep plays in our every waking moment and every aspect of our health - from weight gain, diabetes, and heart disease to cancer and Alzheimer's. In The Sleep Revolution, Arianna shows how our cultural dismissal...

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