

# The Insomniacs

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*Sleepyhead* - Henry Nicholls 2018-09-04

A narcoleptic's tireless journey through the neuroscience of disordered sleep Whether it's a bout of bad jet lag or a stress-induced all-nighter, we've all suffered from nights that left us feeling less than well-rested. But for some people, getting a bad night's sleep isn't just an inconvenience: it's a nightmare. In *Sleepyhead*, science writer Henry Nicholls uses his own experience with chronic narcolepsy as a gateway to better understanding the cryptic, curious, and relatively uncharted world of sleep disorders. We meet insomniacs who can't get any sleep, narcoleptics who can't control when they sleep, and sleep apnea victims who nearly suffocate in their sleep. We learn the underlying difference between morning larks and night owls; why our sleeping habits shift as we grow older; and the evolutionary significance of REM sleep and dreaming. Charming, eye-opening, and deeply humanizing, *Sleepyhead* will help us all uncover the secrets of a good night's sleep.

[The Insomniacs](#) - Marit Weisenberg 2020-09-01

Marit Weisenberg's *The Insomniacs* is "a deeply beautiful story of yearning, heartache, trauma, and love" (Jennifer Niven, #1 New York Times bestselling author of *All the Bright Places*) about two teens who discover the secrets of their neighborhood after everyone else turns out the lights. Ingrid can't sleep. She can't remember, either. A competitive

diver, seventeen-year-old Ingrid is haunted by what she saw at the pool at a routine meet, before falling off the high dive and waking up concussed. The only thing she remembers about the moment before her dive is locking eyes with Van—her neighbor, former best friend, and forever crush—kissing his girlfriend on the sidelines. But that can't be all. Then one sleepless night, she sees Van out her window...looking right back at her. They begin not sleeping together by night, still ignoring each other at school by day. Ingrid tells herself this is just temporary, but soon, she and Van are up every night piecing her memory back together. As Van works through his own reasons for not being able to sleep, they're both pulled into a mystery that threatens to turn their quiet neighborhood into a darker place than they realized.

*The Insomniac's Best Friend* - Lynda Brown 2004

A self-help bible based on Lynda Brown's personal experiences of chronic insomnia and her research into the subject, this book welcomes you to the insomniacs' 'club' with a whole host of tips, tried and tested remedies, advice and support. written by insomniacs for insomniacs, this is the caring, sharing book that all sufferers need.

*The Taking of K-129* - Josh Dean 2017-09-05

An incredible true tale of espionage and engineering set at the height of the Cold War—a mix between *The Hunt for Red October* and *Argo*—about

how the CIA, the U.S. Navy, and America's most eccentric mogul spent six years and nearly a billion dollars to steal the nuclear-armed Soviet submarine K-129 after it had sunk to the bottom of the Pacific Ocean; all while the Russians were watching. In the early hours of February 25, 1968, a Russian submarine armed with three nuclear ballistic missiles set sail from its base in Siberia on a routine combat patrol to Hawaii. Then it vanished. As the Soviet Navy searched in vain for the lost vessel, a small, highly classified American operation using sophisticated deep-sea spy equipment found it—wrecked on the sea floor at a depth of 16,800 feet, far beyond the capabilities of any salvage that existed. But the potential intelligence assets onboard the ship—the nuclear warheads, battle orders, and cryptological machines—justified going to extreme lengths to find a way to raise the submarine. So began Project Azorian, a top-secret mission that took six years, cost an estimated \$800 million, and would become the largest and most daring covert operation in CIA history. After the U.S. Navy declared retrieving the sub “impossible,” the mission fell to the CIA's burgeoning Directorate of Science and Technology, the little-known division responsible for the legendary U-2 and SR-71 Blackbird spy planes. Working with Global Marine Systems, the country's foremost maker of exotic, deep-sea drilling vessels, the CIA commissioned the most expensive ship ever built and told the world that it belonged to the reclusive billionaire Howard Hughes, who would use the mammoth ship to mine rare minerals from the ocean floor. In reality, a complex network of spies, scientists, and politicians attempted a project even crazier than Hughes's reputation: raising the sub directly under the watchful eyes of the Russians. The Taking of K-129 is a riveting, almost unbelievable true-life tale of military history, engineering genius, and high-stakes spy-craft set during the height of the Cold War, when nuclear annihilation was a constant fear, and the opportunity to gain even the slightest advantage over your enemy was worth massive risk.

**Dene hollow** - Ellen Wood 1871

I Am Not a Fox - Karina Wolf 2018-10-23

A curious creature that looks like a fox but acts like a dog sets out to find where he belongs in this charming tale of self-discovery and friendship perfect for fans of Gaston and Not Quite Narwhal. When Luca first arrives at the dog park, the other dogs turn him away. "You're not a dog," they say, "You're a fox." But . . . Luca likes to chase cats. He likes to yip at mailmen. And he likes sniff other dogs you-know-where. Still, Luca has to admit, he doesn't look like the other dogs. So . . . he must be a fox, right? But when Luca finds a trio of foxes in the forest and asks to join them, they don't think that Luca is a fox at all. After all, Luca acts just like a dog. Luca can't seem to find anyone quite like him, but then he meets a caring little girl and finds something even better--a friend. In this heartwarming tale, Karina Wolf and Chuck Groenick remind us that you don't need a label to find just where you belong. "Wolf and Groenink take on the big issue of identity within the context of a gentle urban world, and readers will sense that the thoughtful, earnest protagonist's question--"Who am I?"--will lead to a wonderful answer: someone who is loved." --Publishers Weekly "A warmhearted and warm-spirited story of love and acceptance." --Kirkus Reviews

**Select** - Marit Weisenberg 2018-09-04

A modern-day young adult retelling of Romeo and Juliet, with a supernatural twist that will appeal to fans of Ally Condie's Matched and Kiera Cass' The Selection Julia Jaynes has the perfect life. The perfect family. The perfect destiny. The daughter of a billionaire investor in Austin, Texas, it looks like Julia has it all. But there's something rotten beneath the surface—dangerous secrets her father is keeping; abilities she was never meant to have; and an elite society of highly evolved people who care nothing for the rest of humanity. So when Julia accidentally jeopardizes the delicate anonymity of her people, she's banished to the one place meant to make her feel inferior: public high school. Julia's goal is to lay low and blend in. Then she meets him—John Ford. He's popular, quiet, intense, and strangely compelling. Then Julia discovers she can read his mind and her world expands. Their forbidden love is powerful enough to break the conditioning that has kept Julia in the cold grip of her manipulative father. For the first time, Julia develops

a sense of self and questions her restrictive upbringing and her family prejudices. She must decide how she will define herself—and whom she will betray.

**The Insomniacs** - Damian Crosse 2022-10-29

Scary stories? Kyle hates those. They just never scare him the way they're supposed to. The same goes for the one Jeremy tells him during a sleepover one night. The story of: The Insomniacs. Once people themselves, the Insomniacs wander a plane outside normal reality, and visit anyone who has trouble falling asleep. Their only purpose: to serve their demonic master Morgul by dragging human souls to the Netherworld for him to feast on. Oh, and one more thing: they appear at 3 AM...always. Kyle doesn't believe a single word of the silly tale. That is, until he finds that he can't fall asleep. Is it all just a story, or is time's inevitable march toward three o'clock also a march toward his imminent doom? Will Kyle fall asleep? Or will he hear the call of... The Insomniacs?

**An Insomniac's Slumber Party with Marilyn Monroe** - Heidi Seaborn 2021-06

An Insomniac's Slumber Party with Marilyn Monroe is a middle-of-the-night poetic conversation between two women who "live on the glittering edge," a sequined meditation on what keeps us up at night and what fills our dreams.

**Breathing Fire** - Jaime Lowe 2021-07-27

A dramatic, revelatory account of the female inmate firefighters who battle California wildfires. Shawna was overcome by the claustrophobia, the heat, the smoke, the fire, all just down the canyon and up the ravine. She was feeling the adrenaline, but also the terror of doing something for the first time. She knew how to run with a backpack; they had trained her physically. But that's not training for flames. That's not live fire. California's fire season gets hotter, longer, and more extreme every year — fire season is now year-round. Of the thousands of firefighters who battle California's blazes every year, roughly 30 percent of the on-the-ground wildland crews are inmates earning a dollar an hour. Approximately 200 of those firefighters are women serving on all-female crews. In *Breathing Fire*, Jaime Lowe expands on her revelatory work for

The New York Times Magazine. She has spent years getting to know dozens of women who have participated in the fire camp program and spoken to captains, family and friends, correctional officers, and camp commanders. The result is a rare, illuminating look at how the fire camps actually operate — a story that encompasses California's underlying catastrophes of climate change, economic disparity, and historical injustice, but also draws on deeply personal histories, relationships, desires, frustrations, and the emotional and physical intensity of firefighting. Lowe's reporting is a groundbreaking investigation of the prison system, and an intimate portrayal of the women of California's Correctional Camps who put their lives on the line, while imprisoned, to save a state in peril.

**The Breathless** - Tara Goedjen 2017

Sixteen-year-old Mae Cole is determined to uncover who is responsible for her sister's mysterious death. Mae's search takes a terrifying turn when she starts to dig up long-buried secrets about her family's dark past in this haunting debut novel.

**The Insomniacs** - Karina Wolf 2012-08-16

The wonder of nighttime comes to life in this breathtaking debut. When the Insomniacs move twelve time zones away for Mrs. Insomniac's new job, the family has an impossible time adapting to the change. They try everything to fall asleep at night—take hot baths, count to one thousand, sip mugs of milk—but nothing helps. Venturing out into the dark, they learn there is a whole world still awake and a beauty in their new and unconventional schedule. Ideal for bedtime reading, this gorgeous and lyrical story celebrates nighttime's mystery and magic.

**The Monsters' Monster** - Patrick McDonnell 2012-09-04

Once upon a time, there were three little rascals who thought they were the BIGGEST, BADDEST monsters around. Then along came an even BIGGER monster who changed their minds. And all it took was two little words. In this playful tale from bestselling picture book author Patrick McDonnell, a very BIG monster shows three very BAD little monsters the power of boundless gratitude.

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**Insomniac Dreams** - Vladimir Nabokov 2019-11-19

First publication of an index-card diary in which Nabokov recorded sixty-four dreams and subsequent daytime episodes, allowing the reader a glimpse of his innermost life.

**Hello Midnight** - Deborah Bishop 2001-01-04

This lively collection of facts and fiction, quotations and quips, is designed to amuse, inform, and entertain the sleepless and distract them from the glare of the digital clock and the ramblings of their hyperactive mind. Illustrations throughout.

*This Golden State* - Marit Weisenberg 2022-03-01

Marit Weisenberg's *This Golden State* follows a family on the run, a restless teenage daughter hungry for the truth, and the simple DNA test that threatens their carefully crafted world. The Winslow family lives by five principles: 1. No one can know your real name. 2. Don't stay in one place too long. 3. If you sense anything is wrong, go immediately to the meeting spot. 4. Keeping our family together is everything. 5. We wish we could tell you who we are, but we can't. Please—do not ask. Poppy doesn't know why her family has been running her whole life, but she does know that there are dire consequences if they're ever caught. Still, her curiosity grows each year, as does her desire for real friends and the chance to build on something, instead of leaving behind school projects, teams, and crushes at a moment's notice. When a move to California exposes a crack in her parents' airtight planning, Poppy realizes how fragile her world is. Determined to find out the truth, she mails in a home DNA test. Just as she starts to settle into her new life and even begins opening up to a boy in her math class, the forgotten test results bring her crashing back to reality. Unraveling the shocking truth of her parents' real identities, Poppy realizes that the DNA test has undone decades of careful work to keep her family anonymous—and the past is dangerously close to catching up to them. Determined to protect her family but desperate for more, Poppy must ask: How much of herself does she owe her family? And is it a betrayal to find her own place in the world?

**The Insomniacs Guide to Sleep** - Rebecca Walker 2019-08-18

A humorous guide to sleeping. This book is a way to help you get to sleep

but in an unorthodox way. There is a saying that "laughter is the best medicine."

*The Insomniac's Dictionary* - Paul Hellweg 1989-07-01

Amusing and enthralling, this is a treasure trove of weird and wonderful words for everyone who loves *The Dictionary of Cliches*. The words sound unlikely but are absolutely real—from clowder and crwth to geep and greedigut.

**This Book Will Put You to Sleep** - K. McCoy 2018-10-02

It is sadly true that it is not always easy to fall asleep. This gently amusing, highly effective anthology of soporific dullness has been carefully curated to put readers to sleep as quickly as possible. With a pillowy case wrap, stultifying illustrations, and pages of sheep to count, this giftable godsend for the under-rested features dozens of snoozy short texts, including "The Motion of Sand Dunes," "The Administrative Bureaucracy of the Byzantine Empire," "White Noise: A Technical Explanation," and many dozens more—though good luck reading very far on any one evening. Insomniacs will also appreciate "A Staring Contest with Fifty Cats," "Some Interesting Mathematical Theorems," "The Dullest Entries from Interesting Diaries," and other zzzzzzzz.

*Road Kill* - S. R. Martin 1999

After being thrown from his car in a highway accident, a boy wakes up under the road, where he has to prove himself a god to the subhuman creatures who worship the travelers of the black track above. Original.

*A Town of Empty Rooms* - Karen E. Bender 2013-01-01

Karen E. Bender burst on to the literary scene a decade ago with her luminous first novel, *Like Normal People*, which garnered remarkable acclaim. *A Town of Empty Rooms* presents the story of Serena and Dan Shine, estranged from one another as they separately grieve over the recent loss of Serena's father and Dan's older brother. Serena's actions cause the couple and their two small children to be banished from New York City, and they settle in the only town that will offer Dan employment: Waring, North Carolina. There, in the Bible belt of America, Serena becomes enmeshed with the small Jewish congregation in town led by an esoteric rabbi, whose increasingly erratic behavior threatens

the future of his flock. Dan and their young son are drawn into the Boy Scouts by their mysterious and vigilant neighbor, who may not have their best intentions at heart. Tensions accrue when matters of faith, identity, community, and family all fall into the crosshairs of contemporary, small-town America. *A Town of Empty Rooms* presents a fascinating insight into the lengths we will go to discover just where we belong.

**Insomnia** - Marina Benjamin 2018-11-13

“An insomniac’s ideal sleep aid—and that’s a compliment. With her collage of ruminations about sleeplessness, [Benjamin] promises no real cure . . . Her slim book is what the doctor ordered.”—*The Atlantic*

*Insomnia* is on the rise. Villainous and unforgiving, it’s the enemy of energy and focus, the thief of our repose. But can insomnia be an ally, too, a validator of the present moment, of edginess and creativity? Marina Benjamin takes on her personal experience of the condition—her struggles with it, her insomniac highs, and her dawning awareness that states of sleeplessness grant us valuable insights into the workings of our unconscious minds. Although insomnia is rarely entirely welcome, Benjamin treats it less as an affliction than as an encounter that she engages with and plumbs. She adds new dimensions to both our understanding of sleep (and going without it) and of night, and how we perceive darkness. Along the way, *Insomnia* trips through illuminating material from literature, art, philosophy, psychology, pop culture, and more. Benjamin pays particular attention to the relationship between women and sleep—Penelope up all night, unraveling her day’s weaving for Odysseus; the Pre-Raphaelite artists’ depictions of deeply sleeping women; and the worries that keep contemporary females awake. *Insomnia* is an intense, lyrical, witty, and humane exploration of a state we too often consider only superficially. “This is the song of insomnia, and I shall sing it,” Marina Benjamin declares.

**A Year Without Mom** - Dasha Tolstikova 2015-09-24

Now available in paperback, Dasha Tolstikova’s acclaimed graphic novel *A Year Without Mom* follows twelve-year-old Dasha through a year full of turmoil after her mother leaves for America. It is the early 1990s in Moscow, and political change is in the air. But Dasha is more worried

about her own challenges as she negotiates family, friendships and school without her mother. Just as she begins to find her own feet, she gets word that she is to join her mother in America — a place that seems impossibly far from everything and everyone she loves. Dasha Tolstikova’s major talent is on full display in this gorgeous and subtly illustrated graphic novel. Key Text Features map Correlates to the Common Core State Standards in English Language Arts: CCSS.ELA-LITERACY.RL.5.7 Analyze how visual and multimedia elements contribute to the meaning, tone, or beauty of a text (e.g., graphic novel, multimedia presentation of fiction, folktale, myth, poem). CCSS.ELA-LITERACY.RL.6.3 Describe how a particular story’s or drama’s plot unfolds in a series of episodes as well as how the characters respond or change as the plot moves toward a resolution.

**Night Walk to the Sea** - Deborah Wiles 2020-09-15

This luminous picture book by an award-winning author and acclaimed illustrator is the perfect tool to discuss the importance of the natural world with young children, as well as introduce them to environmental activist Rachel Carson. “I’m not afraid!” shouts Roger when he hears thunder outside...but he is afraid. When the storm quiets, his aunt Rachel decides to take him on a walk to see the beauty of the natural world at night. Over his Godzilla pj’s goes his rain slicker; onto his feet go his monster boots, and together he and Rachel head down the rocky path to the sea. On the way they discover many marvels—a screech owl calling to its mate, ghost crabs tunneling in the sand, and most incredibly, the luminous life that lights up the water. When they find a tiny firefly who has lost its way, they bring it home and release it back into the woods. At last, Rachel tucks Roger into bed, telling him he is “nature’s brave protector.” An afterword introducing young readers to Rachel Carson, and explaining bioluminescence, adds to the appeal of the book.

**The Insomniac Society** - Gabrielle Levy 2021-02-11

Gabrielle Levy’s *The Insomniac Society* is the international phenomenon for those having sleepless night’s everywhere . . . Five people. One thing in common: none of them can sleep. Claire, who sits awake beside a snoring husband and a little boy who is not hers. Jacques, a psychiatrist

at the end of his career whose lonely nights are punctuated only by anonymous phone calls. Michèle, a retiree whose dark secret compels her out of bed and to church. Lena, a young goth who cannot brave the dawn, volunteering at a local café. Hervé, a shy accountant who sits in bed, panicking about his job while scrolling through emails into the early hours. As meetings led by sleep specialist Marie-Hélène draw them together, friendships will be formed and confessions made... but will they discover what's keeping them awake? And more importantly: will they be able to get to sleep?

**The Insomniac's Assistant** - Sienna Tristen 2019-10-24

The Insomniac's Assistant is a verse novel about the struggles, stresses, and strange joys of the sleepless. Sleep or Else is a miniature collection of sleep feedback meant as a tool for the sleepless.

**BLIS(TM) For Insomniacs** - Allan Baker 2020-08-24

Do You Have Trouble Getting To Sleep? Do You Wake Up In The Early Hours Of The Morning? Do You Want To Be In Control Of Your Sleep? BLIS(TM) is the breakthrough you've been waiting for! This is an easy to learn How-To-Get-To-Sleep technique for everyone whose lives are impacted by broken or too little sleep. This book presents a breakthrough new technique developed by Allan Baker, an aviation psychologist with over 35 years of professional experience, that will enable you to be more in control of your sleep, and will ensure you'll get more sleep when you want and need it. Working extensively with commercial pilots who often have sleep related issues, Allan has considerable experience in the psychology of sleep. In recent years he's joined the dots presented in numerous scientific studies, and has made a discovery that has previously eluded sleep researchers - the fact that you can learn to flip your own Sleep Switch. In addition to looking at existing sleep therapies and their effectiveness, BLIS(TM) For Insomniacs discusses this new discovery and shows how you can treat getting to sleep as a skill, so that it's something you can do at will, rather than something that merely happens to you.

**Star Fishing** - Sang-Keun Kim 2022-02-22

A sleepless night turns into a marvelous adventure through the stars in

this dreamy bedtime story It's the kind of night when you just can't fall asleep. You feel as though everyone in the world is asleep but you. "Oh, I see a light! Is somebody awake?" Brimming with wonder and enchantment, award-winning author-illustrator Sang-Keun Kim's Star Fishing imagines who else might be awake on a sleepless night—taking young readers and listeners on an adventure through the stars and into sweet dreams.

**Friends and Strangers** - J. Courtney Sullivan 2021-04-27

NEW YORK TIMES BESTSELLER • A TODAY SHOW #ReadWithJenna BOOK CLUB PICK An insightful, hilarious, and compulsively readable novel about a complicated friendship between two women who are at two very different stages in life, from the bestselling author of *Maine and Saints for All Occasions*. Elisabeth, an accomplished journalist and new mother, is struggling to adjust to life in a small town after nearly twenty years in New York City. Alone in the house with her infant son all day (and awake with him much of the night), she feels uneasy, adrift. She neglects her work, losing untold hours to her Brooklyn moms' Facebook group, her "influencer" sister's Instagram feed, and text messages with the best friend she never sees anymore. Enter Sam, a senior at the local women's college, whom Elisabeth hires to babysit. Sam is struggling to decide between the path she's always planned on and a romantic entanglement that threatens her ambition. She's worried about student loan debt and what the future holds. In short order, they grow close. But when Sam finds an unlikely kindred spirit in Elisabeth's father-in-law, the true differences between the women's lives become starkly revealed and a betrayal has devastating consequences. A masterful exploration of motherhood, power dynamics, and privilege in its many forms, *Friends and Strangers* reveals how a single year can shape the course of a life.

**The Insomniacs Guide to Digital Clock Watching** - Joe "Rex" Shaffer 2020-11-08

When I am to be involved in a project or some other activity, either personal or involving other people, and whether I am in charge or a contributor, my brain wants me to be fully prepared. This happens whether I am providing ideas or concepts during the planning phase,

providing status or developing work-a-rounds during the implementation phase, or identifying lessons learned during the evaluation phase. The problem is that my brain prefers that I get prepared at night when I should be sleep

The Sleep Fix - Diane Macedo 2021-12-14

From renowned ABC News anchor/correspondent and former insomniac Diane Macedo, comes a practical, user-friendly guide to getting better sleep. The Sleep Fix flips the switch on common advice, illuminating the reporter's relentless search for how to get a good night's sleep and the surprising, scientific, and practical solutions she found along the way. Roughly thirty percent of the population is estimated to be living with insomnia, while many more unknowingly suffer from other sleep disorders. In The Sleep Fix, Macedo aims to change that with perspective-shifting research and easy-to-implement solutions based not just on science and experts, but also her own years-long struggle. As an early-morning reporter and overnight news anchor, Macedo learned the hard way how valuable sleep is, and how it affects everything from our heart to our brain to our immune system. The longer Macedo struggled, the more her health deteriorated. Desperate, she tried standard sleep tip after standard sleep tip, but nothing worked - instead, it made her worse. Finally, after developing a tolerance to sleeping pills, Macedo decided to attack the problem as a journalist, interviewing sleep experts from all over the world to get to the bottom of what really keeps us from sleeping—and the various ways to fix it. As Macedo explains, the solution to catching zzz's isn't as simple as giving up caffeine, or putting away your phone before bed. With her down-to-earth explanations and humor, she instead teaches us how to:

- Understand sleep biology
- Identify sleep obstacles
- Flag sleep myths and separate fact from fiction
- Try counterintuitive approaches
- Shift our mindset

Most importantly, Macedo — a busy, working mom — teaches us how to adjust and fit these solutions into our everyday lives. Offering expert wisdom, cutting-edge research, intimate sleep stories from public figures, and actionable advice, The Sleep Fix is the tell-it-like-it-is guide this sleep-deprived world has been waiting for.

Lucy Can't Sleep - Amy Schwartz 2012-08-07

When wide-awake Lucy can't fall asleep she . . . Climbs out of bed, Wiggles her fingers, Wiggles her toes, Scratches itches, Itches scratches, Buttons buttons, Blows her nose. But Lucy still can't sleep. Amy Schwartz's gentle and reassuring story, along with her warm and comforting paintings, is sure to beguile restless children.

Mind Hacks - Tom Stafford 2004-11-22

The brain is a fearsomely complex information-processing environment--one that often eludes our ability to understand it. At any given time, the brain is collecting, filtering, and analyzing information and, in response, performing countless intricate processes, some of which are automatic, some voluntary, some conscious, and some unconscious. Cognitive neuroscience is one of the ways we have to understand the workings of our minds. It's the study of the brain biology behind our mental functions: a collection of methods--like brain scanning and computational modeling--combined with a way of looking at psychological phenomena and discovering where, why, and how the brain makes them happen. Want to know more? Mind Hacks is a collection of probes into the moment-by-moment works of the brain. Using cognitive neuroscience, these experiments, tricks, and tips related to vision, motor skills, attention, cognition, subliminal perception, and more throw light on how the human brain works. Each hack examines specific operations of the brain. By seeing how the brain responds, we pick up clues about the architecture and design of the brain, learning a little bit more about how the brain is put together. Mind Hacks begins your exploration of the mind with a look inside the brain itself, using hacks such as "Transcranial Magnetic Stimulation: Turn On and Off Bits of the Brain" and "Tour the Cortex and the Four Lobes." Also among the 100 hacks in this book, you'll find: Release Eye Fixations for Faster Reactions See Movement When All is Still Feel the Presence and Loss of Attention Detect Sounds on the Margins of Certainty Mold Your Body Schema Test Your Handedness See a Person in Moving Lights Make Events Understandable as Cause-and-Effect Boost Memory by Using Context Understand Detail and the Limits of Attention Steven Johnson, author of "Mind Wide Open"

writes in his foreword to the book, "These hacks amaze because they reveal the brain's hidden logic; they shed light on the cheats and shortcuts and latent assumptions our brains make about the world." If you want to know more about what's going on in your head, then *Mind Hacks* is the key--let yourself play with the interface between you and the world.

*Fates Worse Than Death* - Brian St.Claire-King 2003-02

A role playing game of suspense, horror and hope in 2080 on the streets of Manhattan.

*Sleep Donation* - Karen Russell 2020-09-29

Newly illustrated and available for the first time in years, a haunting novella from the uncannily imaginative author of the national bestsellers *Swamplandia!* and *Orange World: the story of a deadly insomnia epidemic and the lengths one woman will go to to fight it.* Trish Edgewater is the Slumber Corps' top recruiter. On the phone, at a specially organized Sleep Drive, even in a supermarket parking lot: Trish can get even the most reluctant healthy dreamer to donate sleep to an insomniac in crisis--one of hundreds of thousands of people who have totally lost the ability to sleep. Trish cries, she shakes, she shows potential donors a picture of her deceased sister, Dori: one of the first victims of the lethal insomnia plague that has swept the globe. Run by the wealthy and enigmatic Storch brothers, the Slumber Corps is at the forefront of the fight against this deadly new disease. But when Trish is confronted by "Baby A," the first universal sleep donor, and the mysterious "Donor Y," whose horrific infectious nightmares are threatening to sweep through the precious sleep supply, her faith in the organization and in her own motives begins to falter. Fully illustrated with dreamy evocations of Russell's singular imagination and featuring a brand-new "Nightmare Appendix," *Sleep Donation* will keep readers up long into the night and long after haunt their dreams.

***Teach Yourself to Sleep*** - Kate Mikhail 2021-06-10

PRACTICAL SOLUTIONS FOR QUALITY SLEEP 'In her brilliant new book Mikhail delivers accessible science to help you take back control of your bedtime and your sleep' Psychologies Are you suffering from

chronic insomnia, an erratic sleep pattern or do you simply feel that your sleep isn't as deep and restorative as it should be? Then struggle no more. *Teach Yourself to Sleep* is the new, sustainable solution that you have been waiting for. After decades of trying traditional methods to cure her poor sleep, the chance reading of a book by her great-great uncle, a pioneer in cognitive therapy and clinical hypnosis, led chronic insomniac Kate Mikhail to research the science of sleep and the mind-body loop, and develop the tried-and-tested methods that have finally enabled her to take control of her sleep and wake up feeling rested and energised. In *Teach Yourself to Sleep*, Kate shares her approach, blending first-person experience with accessible sleep science and interviews with leading doctors, scientists and academics, as well as highly effective sleep 'scripts' provided exclusively for this book by sleep experts. *Teach Yourself to Sleep* will help you to view sleep in a wider, deeper context by revealing that its quality is inseparably woven into the way you spend your day - not an add-on that comes out of nowhere as night descends. Considering sleep from every angle - from the role of biology-based self-talk in reinforcing better sleep habits, to fixing your sleep-wake cycle through the right balance of light and darkness, and when, what and how to eat for the best sleep possible - this book will help you to understand your sleep better and give you the tools to take control and finally begin to get the sleep you need.

*Insomniac* - Gayle Greene 2008-03-10

Describes the causes, effects, treatment options, and research in the field of insomnia.

**2:12 A.m** - Kat Meads 2013

2:12 a.m. is an insomniac's tour of counterproductive bedtime stories, Vegas weddings, Southern funerals, Nevada's nuclear testing grounds, Patty Hearst, Marina Oswald, sleepwalking murderers, Louise Bourgeois's *Insomnia Drawings* and more, revealing what wakeful nights conjure for a North Carolinian turned Californian, a farm child turned suburbanite, a 1960s romantic turned fatalist and a once-but-no-longer "gifted" sleeper. The collection, comprised of Best American Essays notables, Pushcart Prize nominees and the winner of *Drunken Boat's*

Editors' Choice nonfiction award, mixes the strictly autobiographical with voice-driven reportage and includes essays that are factual, meditative, investigatory and lyrical to take full advantage of the versatility of the form. 2:12 a.m. is a book for all who revisit the past and brood on the future? a book about the dislocations of contemporary life, the hauntings of memory, and the perennial search, late night or otherwise, for meaning in existence.

Estrus - Dave Crider 2021-09

Estrus: Shovelin' The Shit Since '87 is the complete, as-yet-untold story of US garage rock powerhouse Estrus Records, which for nearly two decades churned out hundreds of releases from some of the biggest garage, trash, surf, and punk bands worldwide, among them The Makers,

The Mummies, Man . . . or Astroman?, and label head honcho Dave Crider's drunk/punk quartet The Mono Men. Shovelin' charts the label's highs and lows - from its highly successful hosting of the annual Garageshock, arguably the greatest series of garage rock "festivals," to the devastating loss of its warehouse in a fire. Estrus is one of the few record labels whose cover art and other graphics match the brilliance of its music, thanks to the contributions of trash-culture visionary Art Chantry. Packed with iconic visuals the book draws on lively, extensive interviews, never-seen-before archival photos, oddball artifacts, and more, to give a fascinating insight into the major players behind one of garage rock's most influential and successful independent record labels.