

## Dreamland David K Randall

Would you like to sleep really well? Would you like to stop your mind racing and feel calm? Easily stop the disruption of waking during the night? Would you like to sleep when you want to? Awaken refreshed and full of energy? Then let Paul McKenna help you! We spend nearly a third of our lives asleep, but more of us are suffering from insomnia than ever before. Now Paul McKenna, Ph.D., has made a series of major scientific breakthroughs that can dramatically improve your sleep starting today. In this book, he shows you simple techniques and changes in your thinking and behavior can transform your sleep habits. The accompanying guided hypnosis download is designed to deeply relax you when you want to sleep and reset your body's natural sleep mechanism, so you'll automatically find it easier to get deep, restful sleep. If you want to get a good night's restful sleep and wake up refreshed, have the energy to achieve what you want, and improve the quality of your life, then this book is for you!

Finally Abby is thirteen. A real teenager who only wants to pierce her ears, have a boyfriend, and run her own life. But when her mother suffers a nervous breakdown, Abby faces a life far different from what she hoped for. Set in the Bay Area in the '70s, *An Egg on Three Sticks* is Jackie Moyer Fischer's emotional, funny, and extraordinarily heartfelt novel about Abby's struggle to hold her family together, find love from a mother who has little to give, and simply try to be thirteen. With a voice completely fresh and honest, Abby takes us on a journey that is often hilarious, sometimes heartbreaking, and overwhelmingly hopeful. But a journey no thirteen-year-old should have to take.

An engrossing examination of the science behind the little-

known world of sleep. Like many of us, journalist David K. Randall never gave sleep much thought. That is, until he began sleepwalking. One midnight crash into a hallway wall sent him on an investigation into the strange science of sleep. In *Dreamland*, Randall explores the research that is investigating those dark hours that make up nearly a third of our lives. Taking readers from military battlefields to children's bedrooms, *Dreamland* shows that sleep isn't as simple as it seems. Why did the results of one sleep study change the bookmakers' odds for certain Monday Night Football games? Do women sleep differently than men? And if you happen to kill someone while you are sleepwalking, does that count as murder? This book is a tour of the often odd, sometimes disturbing, and always fascinating things that go on in the peculiar world of sleep. You'll never look at your pillow the same way again.

An alternative approach to insomnia, depression, chronic fatigue and other sleep-related challenges draws on the expertise of a leading authority on the circadian clock while explaining how readers can decipher their inherent sleep rhythms and use natural light to overcome the sleep-compromising demands of today's lifestyles. Original. 35,000 first printing.

Examines the complex world of sleep and discusses whether or not women sleep differently than men and if killing someone while sleepwalking would count as murder.

Freud, the father of modern psychology, stunned the world with his work in dream analysis. Although a scientist by trade, this introductory work is written for anyone to understand and does not require a background in psychology. This volume is not only enlightening, but an entertaining guide that lays the foundation for analyzing dreams.

Rosalind Cartwright, Ph.D. and Lynne Lamberg present new evidence that dreams are coherent symbolic reflections of the

dreamer's mental state. They show that you can learn about yourself and your problems by studying your dreams. Crisis Dreaming provides simple, effective strategies for remembering your dreams and for "rewriting" better dream scripts while you sleep. These tactics are based on Dr. Cartwright's more than 25 years of scientific research. You can carry the insight you gain from your dreams into your waking life to help resolve depression and anxiety brought on by divorce, bereavement, serious illness, job loss, and other crises. In this book, you'll meet people who learned, with Dr. Cartwright's help, to use their dreams to change their daily lives. They gained control over the demons that plagued them. By following the guidelines in this book, you can achieve that goal, too.

Uncovers the secrets of sleep, including how the body clock works, why the brain needs sleep, and what happens during REM sleep.

Is it possible to kill someone while sleepwalking?

Why do football teams from the West Coast win more often in games against their East Coast

opponents? What is the meaning of our dreams?

You can find quick answers to these and many other questions related to sleep in this short summary of David K. Randall's "Dreamland: Adventures in the Strange Science of Sleep". This digest gives you the essence of Randall's book in a plain and simple language accessible even for learners of English.

For your convenience the book contains a section highlighting the essential facts, as well as explanatory footnotes. The Curious Reader series brings you accessible and entertaining short study

guides to critically acclaimed books on a variety of subjects, from history and philosophy to science and math. Look out for more titles coming up soon.

Bob Lazar is the reason Area 51 became infamous in the 1980s and his recent appearance on Joe Rogan's podcast with 7 million listeners is credited with inspiring the Storm Area 51 phenomenon. In his DREAMLAND autobiography, Lazar reveals every detail of his highly controversial story about being an insider within the world's most legendary military research base. Bob Lazar was a brilliant young physicist that found himself employed at a top secret facility in the middle of the desert outside Las Vegas. Under the watchful eye of the government elite, he is tasked with understanding an exotic propulsion system being used by an advanced aerospace vehicle he is told came from outer space. The stressful work and long, odd hours start to wear on Bob and he becomes concerned for his safety. He tells his wife and a couple close friends about what he's doing in the desert, and his employers find out and are furious. When they station goons outside his house, Bob seeks help from wealthy UFOlogist, John Lear, who encourages Bob to take his story to award-winning investigative journalist George Knapp at KLAS-TV, a CBS affiliate. To prove he's telling the truth, Bob takes a group of people out into the desert to watch a test flight of the "flying saucer." On the way home, they are stopped by the police, who

notify the base, and Bob loses his job. In a series of interviews with CBS TV, Bob Lazar then blows the lid off "Area 51," blows the whistle on the effort to conceal this craft from the American people, and blows up his career as a top physicist. Bob Lazar's reports have been the subject of intense controversy for decades. He has been interviewed numerous times and his story has been corroborated by other individuals he worked with and who were present when these events happened. But until now, Bob Lazar has never told his own story, in every detail in his own words, about those exciting days in the desert outside of Las Vegas and how the world came to learn about the experiments being conducted at Area 51.

A Chicago Tribune "Best Books of 2014" • A Slate "Best Books 2014: Staff Picks" • A St. Louis Post-Dispatch "Best Books of 2014" The fascinating story of one of the most important scientific discoveries of the twentieth century. We know it simply as "the pill," yet its genesis was anything but simple. Jonathan Eig's masterful narrative revolves around four principal characters: the fiery feminist Margaret Sanger, who was a champion of birth control in her campaign for the rights of women but neglected her own children in pursuit of free love; the beautiful Katharine McCormick, who owed her fortune to her wealthy husband, the son of the founder of International Harvester and a schizophrenic; the

visionary scientist Gregory Pincus, who was dismissed by Harvard in the 1930s as a result of his experimentation with in vitro fertilization but who, after he was approached by Sanger and McCormick, grew obsessed with the idea of inventing a drug that could stop ovulation; and the telegenic John Rock, a Catholic doctor from Boston who battled his own church to become an enormously effective advocate in the effort to win public approval for the drug that would be marketed by Searle as Enovid. Spanning the years from Sanger's heady Greenwich Village days in the early twentieth century to trial tests in Puerto Rico in the 1950s to the cusp of the sexual revolution in the 1960s, this is a grand story of radical feminist politics, scientific ingenuity, establishment opposition, and, ultimately, a sea change in social attitudes. Brilliantly researched and briskly written, *The Birth of the Pill* is gripping social, cultural, and scientific history.

A spine-chilling saga of virulent racism, human folly, and the ultimate triumph of scientific progress. For Chinese immigrant Wong Chut King, surviving in San Francisco meant a life in the shadows. His passing on March 6, 1900, would have been unremarkable if a city health officer hadn't noticed a swollen black lymph node on his groin—a sign of bubonic plague. Empowered by racist pseudoscience, officials rushed to quarantine Chinatown while doctors examined Wong's tissue

for telltale bacteria. If the devastating disease was not contained, San Francisco would become the American epicenter of an outbreak that had already claimed ten million lives worldwide. To local press, railroad barons, and elected officials, such a possibility was inconceivable—or inconvenient. As they mounted a cover-up to obscure the threat, ending the career of one of the most brilliant scientists in the nation in the process, it fell to federal health officer Rupert Blue to save a city that refused to be rescued. Spearheading a relentless crusade for sanitation, Blue and his men patrolled the squalid streets of fast-growing San Francisco, examined gory black buboes, and dissected diseased rats that put the fate of the entire country at risk. In the tradition of Erik Larson and Steven Johnson, Randall spins a spellbinding account of Blue's race to understand the disease and contain its spread—the only hope of saving San Francisco, and the nation, from a gruesome fate.

Unlock the astonishing facts, myths, and benefits of one of the most endangered human resources—sleep. It has become increasingly clear that our sleep shapes who we are as much as, if not more than, we shape it. While most sleep research hasn't ventured far beyond research labs and treatment clinics, *The Secret Life of Sleep* taps into the enormous reservoir of human experiences to illuminate the complexities of a world where sleep

has become a dwindling resource. With a sense of infectious curiosity, award winning author Kat Duff mixes cutting-edge research with insightful narratives, surprising insights, and timely questions to help us better understand what we're losing before it's too late. *The Secret Life of Sleep* tackles the full breadth of what sleep means to people the world over. Embark on an exploration of what lies behind and beyond our eyelids when we surrender to the secret life of sleep.

Doris Lessing's contemporary gothic horror story—centered on the birth of a baby who seems less than human—probes society's unwillingness to recognize its own brutality. Harriet and David Lovatt, parents of four children, have created an idyll of domestic bliss in defiance of the social trends of late 1960s England. While around them crime and unrest surge, the Lovatts are certain that their old-fashioned contentment can protect them from the world outside—until the birth of their fifth baby. Gruesomely goblin-like in appearance, insatiably hungry, abnormally strong and violent, Ben has nothing innocent or infant-like about him. As he grows older and more terrifying, Harriet finds she cannot love him, David cannot bring himself to touch him, and their four older children are afraid of him.

Understanding that he will never be accepted anywhere, Harriet and David are torn between their instincts as parents and their shocked reaction to

this fierce and unlovable child whose existence shatters their belief in a benign world.

Does the early bird really catch the worm, or end up healthy, wealthy, and wise? Can some people really exist on just a few hours' sleep a night? Does everybody dream? Do fish dream? How did people cope before alarm clocks and caffeine? And is anybody getting enough sleep? Even though we will devote a third of our lives to sleep, we still know remarkably little about its origins and purpose. Paul Martin's *Counting Sheep* answers these questions and more in this illuminating work of popular science. Even the wonders of yawning, the perils of sleepwalking, and the strange ubiquity of nocturnal erections are explained in full. To sleep, to dream: *Counting Sheep* reflects the centrality of these activities to our lives and can help readers respect, understand, and extract more pleasure from that delicious time when they're lost to the world. Explores sleep disorders, describes breakthroughs in the study of sleep, and considers the impact of modern society on it.

“Illuminate[s] the complexities of the human brain and the mysteries of the human mind.” —The New York Times To many people, hallucinations imply madness, but in fact they are a common part of the human experience. These sensory distortions range from the shimmering zigzags of a visual migraine to powerful visions brought on by fever, injuries, drugs,

sensory deprivation, exhaustion, or even grief. Hallucinations doubtless lie behind many mythological traditions, literary inventions, and religious epiphanies. Drawing on his own experiences, a wealth of clinical cases from among his patients, and famous historical examples ranging from Dostoevsky to Lewis Carroll, the legendary neurologist Oliver Sacks investigates the mystery of these sensory deceptions: what they say about the working of our brains, how they have influenced our folklore and culture, and why the potential for hallucination is present in us all.

In recent years neuroscientists have uncovered the countless ways our brain trips us up in day-to-day life, from its propensity toward irrational thought to how our intuitions deceive us. The latest research on sleep, however, points in the opposite direction. Where old wives tales have long advised to "sleep on a problem," today scientists are discovering the truth behind these folk sayings, and how the busy brain radically improves our minds through sleep and dreams. In *The Secret World of Sleep*, neuroscientist Penny Lewis explores the latest research into the nighttime brain to understand the real benefits of sleep. She shows how, while our body rests, the brain practices tasks it learned during the day, replays traumatic events to mollify them, and forges connections between distant concepts. By understanding the roles that the nocturnal brain

plays in our waking life, we can improve the relationship between the two, and even boost creativity and become smarter. This is a fascinating exploration of one of the most surprising corners of neuroscience that shows how science may be able to harness the power of sleep to improve learning, health, and more.

We think of sleep as a waste of time. A time when we are literally doing nothing. Yet every human on the planet spends several hours each day asleep. We are not alone. Almost every animal enjoys some form of sleep. The idea that millions of years of evolution resulted in this ability for no reason at all is ludicrous. When we are asleep we are not dormant. In fact, it is the busiest time of the day. For the past sixty years, a small number of scientists have dedicated their lives to studying the sleeping mind. This work has resulted in a series of remarkable techniques that can help people to recognize dangerous levels of sleep deprivation, get a great night's sleep, avoid nightmares, learn in their sleep, take productive power naps, decode dreams, and create a perfect nocturnal fantasy. Until now, these discoveries have been restricted to academic journals and University conferences. Professor Richard Wiseman journeys deep into this dark world and meets the vampire-like scientists who go to work when everyone else is heading for bed. Carrying out his own nocturnal mass participation studies along

the way, Wiseman presents the definitive guide to the surprising new science of sleep and dreaming. For years the self-development movement has focused on improving people's waking lives. It is now time for us all to unlock that missing third of our days.

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.

"A true story of the battle for paradise...men and women fighting for a slice of earth like no other."

—New York Times Book Review Frederick and May

Rindge, the unlikely couple whose love story propelled Malibu's transformation from an untamed ranch in the middle of nowhere to a paradise seeded with movie stars, are at the heart of this story of American grit and determinism. He was a Harvard-trained confidant of presidents; she was a poor Midwestern farmer's daughter raised to be suspicious of the seasons. Yet the bond between them would shape history. The newly married couple reached Los Angeles in 1887 when it was still a frontier, and within a few years Frederick, the only heir to an immense Boston fortune, became one of the wealthiest men in the state. After his sudden death in 1905, May spent the next thirty years fighting off some of the most powerful men in the country—as well as fissures within her own family—to preserve Malibu as her private kingdom. Her struggle, one of the longest over land in California history, would culminate in a landmark Supreme Court decision and lead to the creation of the Pacific Coast Highway. *The King and Queen of Malibu* traces the path of one family as the country around them swept off the last vestiges of the Civil War and moved into what we would recognize as the modern age. The story of Malibu ranges from the halls of Harvard to the Old West in New Mexico to the beginnings of San Francisco's counter culture amid the Gilded Age, and culminates in the glamour of early Hollywood—all during the brief sliver of history

in which the advent of railroads and the automobile traversed a beckoning American frontier and anything seemed possible.

A science journalist explores the latest research on dreams—how they work, what they're for, and how we can reap the benefits. While on a research trip in Peru, science journalist Alice Robb became hooked on lucid dreaming—the uncanny phenomenon in which a sleeping person can realize that they're dreaming and even control the dreamed experience. Finding these forays both puzzling and exhilarating, Robb dug deeper into the science of dreams at an extremely opportune moment: just as researchers began to understand why dreams exist. They aren't just random events; they have clear purposes. They help us learn and even overcome psychic trauma. Robb draws on fresh and forgotten research, as well as her experience and that of other dream experts, to show why dreams are vital to our emotional and physical health. She explains how we can remember our dreams better—and why we should. She traces the intricate links between dreaming and creativity, and even offers advice on how we can relish the intense adventure of lucid dreaming for ourselves. *Why We Dream* is both a cutting-edge examination of the meaning and purpose of our nightly visions and a guide to changing our dream lives in order to make our waking lives richer, healthier, and happier. “Robb offers a welcome antidote to the medicine

administered by most sleep gurus.” —New Yorker Finalist for the 2018 National Book Award for Nonfiction A New York Times Editors' Choice Selection The untold story of Hamilton's—and Burr's—personal physician, whose dream to build America's first botanical garden inspired the young Republic. On a clear morning in July 1804, Alexander Hamilton stepped onto a boat at the edge of the Hudson River. He was bound for a New Jersey dueling ground to settle his bitter dispute with Aaron Burr. Hamilton took just two men with him: his “second” for the duel, and Dr. David Hosack. As historian Victoria Johnson reveals in her groundbreaking biography, Hosack was one of the few points the duelists did agree on. Summoned that morning because of his role as the beloved Hamilton family doctor, he was also a close friend of Burr. A brilliant surgeon and a world-class botanist, Hosack—who until now has been lost in the fog of history—was a pioneering thinker who shaped a young nation. Born in New York City, he was educated in Europe and returned to America inspired by his newfound knowledge. He assembled a plant collection so spectacular and diverse that it amazes botanists today, conducted some of the first pharmaceutical research in the United States, and introduced new surgeries to American. His tireless work championing public health and science earned him national fame and praise from the likes of

Thomas Jefferson, James Madison, Alexander von Humboldt, and the Marquis de Lafayette. One goal drove Hosack above all others: to build the Republic's first botanical garden. Despite innumerable obstacles and near-constant resistance, Hosack triumphed when, by 1810, his Elgin Botanic Garden at last crowned twenty acres of Manhattan farmland. "Where others saw real estate and power, Hosack saw the landscape as a pharmacopoeia able to bring medicine into the modern age" (Eric W. Sanderson, author of *Mannahatta*). Today what remains of America's first botanical garden lies in the heart of midtown, buried beneath Rockefeller Center. Whether collecting specimens along the banks of the Hudson River, lecturing before a class of rapt medical students, or breaking the fever of a young Philip Hamilton, David Hosack was an American visionary who has been too long forgotten. Alongside other towering figures of the post-Revolutionary generation, he took the reins of a nation. In unearthing the dramatic story of his life, Johnson offers a lush depiction of the man who gave a new voice to the powers and perils of nature.

Everyone gets 168 hours a week, but it never feels like enough, does it? Work gobbles up the lion's share--many professionals are working as much as 70 hours a week--leaving less and less for rest, exercise, family, and friends. You know, all those things that make life great. Most people think

productivity is about finding or saving time. But it's not. It's about making our time work for us. Just imagine having free time again. It's not a pipe dream. In *Free to Focus*, New York Times bestselling author Michael Hyatt reveals to readers nine proven ways to win at work so they are finally free to succeed at the rest of life--their health, relationships, hobbies, and more. He helps readers redefine their goals, evaluate what's working, cut out the nonessentials, focus on the most important tasks, manage their time and energy, and build momentum for a lifetime of success.

The 1921 Tulsa Race Riot was the country's bloodiest civil disturbance of the century. Thirty city blocks were burned to the ground, perhaps 150 died, and the prosperous black community of Greenwood, Oklahoma, was turned to rubble. Brophy draws on his own extensive research into contemporary accounts and court documents to chronicle this devastating riot, showing how and why the rule of law quickly eroded. Brophy shines his lights on mob violence and racism run amok, both on the night of the riot and the following morning. Equally important, he shows how the city government and police not only permitted looting, shootings, and the burning of Greenwood, but actively participated in it by deputizing white citizens haphazardly, giving out guns and badges, or sending men to arm themselves. Likewise, the National Guard acted unconstitutionally, arresting every black resident they found, leaving property vulnerable to the white mob. Brophy's stark

narrative concludes with a discussion of reparations for victims of the riot through lawsuits and legislative action. That case has implications for other reparations movements, including reparations for slavery. "Recovers a largely forgotten history of black activism in one of the grimmest periods of race relations.... Linking history with advocacy, Brophy also offers a reasoned defense of reparations for the riot's victims."--Washington Post Book World

International Bestseller "An amazing, informative book that changes our perspective on medicine, microbes and our future." --Siddhartha Mukherjee, MD, New York Times bestselling author of *The Emperor of All Maladies*  
A New York Times bestselling author shares this exhilarating story of cutting-edge science and the race against the clock to find new treatments in the fight against the antibiotic-resistant bacteria known as superbugs. Physician, researcher, and ethics professor Matt McCarthy is on the front lines of a groundbreaking clinical trial testing a new antibiotic to fight lethal superbugs, bacteria that have built up resistance to the life-saving drugs in our rapidly dwindling arsenal. This trial serves as the backdrop for the compulsively readable *Superbugs*, and the results will impact nothing less than the future of humanity. Dr. McCarthy explores the history of bacteria and antibiotics, from Alexander Fleming's discovery of penicillin, to obscure sources of innovative new medicines (often found in soil samples), to the cutting-edge DNA manipulation known as CRISPR, bringing to light how we arrived at this juncture of both incredible breakthrough and extreme

vulnerability. We also meet the patients whose lives are hanging in the balance, from Remy, a teenager with a dangerous and rare infection, to Donny, a retired New York City firefighter with a compromised immune system, and many more. The proverbial ticking clock will keep readers on the edge of their seats. Can Dr. McCarthy save the lives of his patients infected with the deadly bacteria, who have otherwise lost all hope?

Exploring the underlying causes of common sleep problems, this guide offers solutions for how they can be easily overcome, revealing the potential for reclaiming a healthy balance in life. Acknowledging the breakneck speed of daily existence and how most people retire for the evening so exhausted they are unable to fall asleep, this handbook discusses the author's "Sleep Toolkit," a set of tried-and-true methods that has been developed with thousands of former patients, from burnt-out executives to mothers struggling with the demands of children and a full-time job. Overturning the myth that the average person requires eight hours of sleep every night, this examination argues that fewer hours of quality, restorative sleep are more valuable, presenting practical and accessible steps towards gaining an inner equilibrium that is physically and emotionally revitalizing. Unveiling the key to discovering natural rhythms, this reference is guaranteed to fit any lifestyle or personality, providing all the essential habits and routines necessary for optimal sleep.

Bad sleep sucks. Sleep deficiency defies our biology and sabotages our days. Yet more than a third of us struggle to get to sleep or stay asleep at night. We can shake off

the odd sleepless night, but when sleep difficulties persist, things start to unravel. Sleep debt takes its toll on our mood, energy, and productivity. It affects our behaviour around food and exercise as well as eroding our immunity, even our mental and physical health. As our best efforts to help ourselves fail, or perpetuate the problem, we can feel disillusioned, disempowered and frustratingly stuck. You're not alone, and there is a way through. This six-week, step-by-step guide will help you sleep easy. Bernice Tuffery, fed up after years of compromised sleep, made it her mission to learn how to sleep well again. She'd tried early nights, warm baths, a bit of yoga and meditation, but nothing worked. Even natural supplements, over-the-counter sleep aids, melatonin, and at times sleeping pills, failed to deliver a sustainable solution. As a qualitative market researcher, she was determined to know how to sleep naturally again. She discovered a proven, natural and very learnable way to improve chronic sleep difficulties. Cognitive Behavioural Therapy for insomnia (CBTi) is recognised internationally by sleep experts as the gold-standard treatment for insomnia. But with a lack of awareness, a severe shortage of experts offering it and virtually no public funding for treatment in New Zealand and Australia, it's hard and expensive to access. From her discussions with sleep professionals, extensive research and her lived-experience of restoring her own sleep, Bernice shares her knowledge with humour and heart. Confident that CBTi can be self-taught, she offers this practical and inspiring insiders' guide to getting a good night's sleep.

Harry Johnson (1923–1977) was such a striking figure in economics that Nobel Laureate James Tobin designated the third quarter of the twentieth century as 'the age of Johnson'. Johnson played a leading role in the development and extension of the Heckscher-Ohlin model of international trade. Within monetary economics he was also a seminal figure who identified and explained the links between the ideas of the major post-war innovators. His discussion of the issues that would benefit from further work set the profession's agenda for a generation. This book chronicles his intellectual development and his contributions to economics, economic education and the discussion of economic policy.

A national bestseller, the story of “a boy’s last days of youth and a history his father can’t leave behind” (The Daily Beast). Tom Harry has a streak of frost in his black pompadour and a venerable bar called The Medicine Lodge, the chief watering hole and last refuge in the town of Gros Ventre, in northern Montana. Tom also has a son named Rusty, an “accident between the sheets” whose mother deserted them both years ago. The pair make an odd kind of family, with the bar their true home, but they manage just fine. Until the summer of 1960, that is, when Rusty turns twelve. Change arrives with gale force, in the person of Proxy, a taxi dancer Tom knew back when, and her beatnik daughter, Francine. Is Francine, as Proxy claims, the unsuspected legacy of her and Tom’s past? Without a doubt she is an unsettling gust of the future, upending every certainty in Rusty’s life and generating a mist of passion and

pretense that seems to obscure everyone's vision but his own. *The Bartender's Tale* wonderfully captures how the world becomes bigger and the past becomes more complex in the last moments of childhood.

We all go through patches when we find it hard to sleep. Either we have problems dropping off at night or we wake in the early hours with thoughts buzzing round in our minds. Sometimes it seems impossible to get that elusive night's sleep we so badly crave, but this book will show you how to break negative patterns, get more rest and improve your well-being. Dr. Jessamy Hibberd and Jo Usmar draw on the very latest developments in cognitive behavioral therapy (CBT), to guide you through proven techniques to help you get your sleep patterns back on track. You will feel rested, happier, and immediately reap the benefits in your everyday life.

Understand sleep Banish bad habits Tips for winding down Sleep-inducing strategies Control your sleeping environment Common myths busted

Psychologists and philosophers have long grappled with the mysteries of dreaming, and now—thanks largely to recent innovations in brain imaging—neuroscientists are starting to join the conversation. In this groundbreaking book, award-winning journalist Andrea Rock traces the brief but fascinating history of this emerging field. She then takes us into modern sleep labs across the country, asking the questions that intrigue us all: Why do we remember only a fraction of our dreams? Why are dreams usually accompanied by intense emotions? Can dreams truly spark creative thought or help solve problems? Are the universal dream interpretations of

Freud and Jung valid? Accessible and engaging, *The Mind at Night* shines a bright light on our nocturnal journeys and tells us what the sleeping mind reveals about our waking hours.

The harrowing story of the most destructive American wildfire in a century. There is no precedent in postwar American history for the destruction of the town of Paradise, California. On November 8, 2018, the community of 27,000 people was swallowed by the ferocious Camp Fire, which razed virtually every home and killed at least 85 people. The catastrophe seared the American imagination, taking the front page of every major national newspaper and top billing on the news networks. It displaced tens of thousands of people, yielding a refugee crisis that continues to unfold. *Fire in Paradise* is a dramatic and moving narrative of the disaster based on hundreds of in-depth interviews with residents, firefighters and police, and scientific experts. Alastair Gee and Dani Anguiano are California-based journalists who have reported on Paradise since the day the fire began. Together they reveal the heroics of the first responders, the miraculous escapes of those who got out of Paradise, and the horrors experienced by those who were trapped. Their accounts are intimate and unforgettable, including the local who left her home on foot as fire approached while her 82-year-old father stayed to battle it; the firefighter who drove into the heart of the inferno in his bulldozer; the police officer who switched on his body camera to record what he thought would be his final moments as the flames closed in; and the mother who, less than 12 hours after giving birth in

the local hospital, thought she would die in the chaotic evacuation with her baby in her lap. Gee and Anguiano also explain the science of wildfires, write powerfully about the role of the power company PG&E in the blaze, and describe the poignant efforts to raise Paradise from the ruins. This is the story of a town at the forefront of a devastating global shift—of a remarkable landscape sucked ever drier of moisture and becoming inhospitable even to trees, now dying in their tens of millions and turning to kindling. It is also the story of a lost community, one that epitomized a provincial, affordable kind of Californian existence that is increasingly unattainable. It is, finally, a story of a new kind of fire behavior that firefighters have never witnessed before and barely know how to handle. What happened in Paradise was unprecedented in America. Yet according to climate scientists and fire experts, it will surely happen again.

Learn how to make the switch from PC to Mac a completely smooth transition The number of Mac users continues to increase significantly each year. If you are one of those people and are eager but also anxious about making the switch, then fear not! This friendly guide skips the jargon to deliver you an easy-to-read, understandable introduction to the Macintosh computer. Computer guru Arnold Reinhold walks you through the Mac OS, user interface, and icons. You'll learn how to set up your Mac, move your files from your PC to your Mac, switch applications, get your Mac online, network your Mac, secure your Mac, work with the iLife suite, troubleshoot common problems, and more. Dives in

to helping you make the switch from PC to Mac as smooth and effortless as possible Walks you through the latest features of Mac OS X Lion to help you take advantage of all the cool things your Mac can do that you might not know about Offers clear instructions for working with the iLife applications, running Windows on your Mac via Boot Camp, networking your Mac, and switching your family or your business to a Mac Shares essential advice for troubleshooting common problems and provides easy tips for keeping your Mac happy Switching to Mac For Dummies, Mac OS X Lion Edition is all you need to switch to a Mac and never look back! Presents research findings on the nature, function, and dynamics of sleep, on dreams and their contents, and on sleep disorders and their consequences and treatment NEW UPDATED VERSION NOW SUITABLE FOR ALL DEVICES A third of the population sleep badly, but now THE SLEEP BOOK's revolutionary five-week plan means that you don't have to be one of them. Using a blend of mindfulness and new ACT therapy techniques, Dr Guy shares his unique five-week plan to cure your sleep problem whether it's a few restless nights or a lifetime of insomnia. Most people who have trouble sleeping invest a huge amount of time, effort and money into fixing the problem, but Dr Guy has discovered the secret lies not in what you do, but what you learn not to do. In fact, as you will have discovered, the more frustrated you become only serves to push sleep further away. Dr Guy's pioneering methods at The Sleep School clinic have been an unprecedented success. By popular demand, his highly effective and 100% natural insomnia

remedy is now here in this book. THE SLEEP BOOK is the sum of a doctorate degree in sleep and well over 12,000 hours spent working with more than 2,000 insomniacs in one-to-one clinics, workshops and retreat environments. Say goodbye to the vicious cycle of sleepless nights. Sleep well, maintain a positive outlook and restore the quality of life you deserve - for good. We often hear that humans spend one third of their lives sleeping—and most of us would up that fraction if we could. Whether we're curling up for a brief lunchtime catnap, catching a doze on a sunny afternoon, or clocking our solid eight hours at night, sleeping is normally a reliable way to rest our heads and recharge our minds. And our bodies demand it: without sufficient sleep, we experience changes in mood, memory loss, and difficulty concentrating. Symptoms of sleep deprivation can be severe, and we know that sleep is essential for restoring and rejuvenating muscles, tissue, and energy. And yet, although science is making remarkable inroads into the workings and functions of sleep, many aspects still remain a mystery. In *The Science of Sleep*, sleep expert Wallace B. Mendelson explains the elements of human sleep states and explores the variety of sleep disorders afflicting thousands of people worldwide. Mendelson lays out the various treatments that are available today and provides a helpful guide for one of life's most important activities. By offering the first scientific yet accessible account of sleep science, Mendelson allows readers to assess their personal relationships with sleep and craft their own individual approaches to a comfortable and effective

night's rest. Addressing one of the major public health issues of the day with cutting-edge research and empathetic understanding, *The Science of Sleep* is the definitive illustrated reference guide to sleep science. What is sleep? Why do we sleep? How much do we need, and what happens if we don't get enough? Are we modern people with busy lives suffering stress from 'sleep debt'? This book is about all aspects of sleep. From drowsiness at the wheel, to stress and insomnia, this is a subject that matters to people. Jim Horne gives an engaging account of what science has found out about sleep and problems related to sleep - from snoring to sleep apnoea. He highlights recent research and brings in brain physiology, psychology, medicine and social factors. As well as being richly informative, this book may just help you to get a good night's rest.

'When apple-picking season ended, I got a Job in a packing plant and gravitated towards short stories, which I could read during my break and reflect upon for the remainder of my shift. A good one would take me out of myself and then stuff me back in, oversized, now, and uneasy with the fit . . . Once, before leaving on vacation, I copied an entire page from an Alice Munro story and left it in my typewriter, hoping a burglar might come upon it and mistake her words for my own. That an intruder would spend his valuable time reading, that he might be impressed by the description of a crooked face, was something I did not question, as I believed, and still do, that stories can save you'.

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