

12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

Conquer Training
Lifestyle - Health - Sculpting

@Marcus__Rice



Sleep in a dark room
w/cool temperature



Have a consistent
bed time



Avoid blue light
before bed



Strength
Training



Sleep with a
pillow between knees



Stay active
during the day



Sip on some decaf
tea in evening



Write a to-do list
for next day before bed



Don't go to bed
thirsty



Avoid late
caffeine



Wind down/relax an
hour before sleep



Try a kiwi
before bed

Stagram Picks Sleep Hacks Usa

Elizabeth Barone



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The Power of One Frances Haugen, 2023-06-13 The inside story of one woman's quest to bring transparency and accountability to Big Tech by the Facebook whistleblower who is determined to help us all retake control of our lives In 2021 when news outlets feasted on the Facebook Files Frances Haugen went public as the former employee who blew the whistle on the company by copying tens of thousands of pages of documents She testified to Congress and spoke to the media She was hailed at President Biden's first State of the Union Address She made sure everyone understood exactly what the documents revealed Facebook knew it had accidentally changed its algorithm to reward extremism and refused to fix it it knew that its customers were using the platform to foment violence to spread falsehoods to diminish the self-esteem of young women and more But how was it that Haugen was the only employee at the company who dared to step forward The answer to that question is an inspiring tale of one young woman's life and the choices she made From an isolated childhood in Iowa to an unaccredited college to one among the few women at Google in its heyday Frances Haugen learned how to focus on what mattered and to ignore her critics To harness the strength of standing in the truth **The Power of One** is equally inspiring the story of a woman who went against the grain again and again and changed the world and horrifying as the culture and practices of Facebook are brought into the bright light of day for the first time

The Busy Brain Cure Romie Mushtaq, 2024-01-09 A National Bestseller Noted neurologist and Chief Wellness Officer Dr Romie Mushtaq reveals the hidden connection between insomnia anxiety and adult ADD ADHD and gives you a science backed plan to heal burnout and your Busy Brain in just 8 weeks Do racing thoughts keep you from falling asleep at night Is it impossible to focus even on tasks that used to stimulate you Are you mindlessly stress eating throughout the day These are signs that you have a Busy Brain a term coined by triple board certified physician Dr Romie Mushtaq to describe a brain riddled with anxiety insomnia and ADD ADHD Dr Romie's interest in the co-existence of these symptoms began while she was practicing neurology It deepened after she was rushed into life saving surgery and finally forced to acknowledge the toll that chronic stress had taken on her life Determined to heal after conventional medicine failed her Dr Romie embarked on a mission to unearth the truth about stress responses in our bodies and brains **The Busy Brain Cure** is the culmination of 20 years of clinical research as a brain doctor and experience in corporate wellness as a Chief Wellness Officer The book offers a practical science based approach to healing your Busy Brain through a straightforward 8 week protocol that anyone can implement **The Busy Brain Cure** will show you how to Improve focus and energy without coffee and stimulants Fall asleep and stay asleep Address the underlying cause of anxiety insomnia and adult ADD Manage bloating and stress eating without a diet or cleanse Treat and heal chronic stress and burnout Alleviate the burnout crisis in your workplace With her characteristic wit and sass Dr Romie sheds light on the science of chronic stress and neuroinflammation through personal anecdotes and humor Written for high performing individuals who need a lasting cure for their Busy Brain this book is changing the conversation around wellness

success and performance A Fatal Prospect Elizabeth Barone, 2021-04-28 Olivia and Cliff survived a lifetime in the foster and prison system each abandonment by family and friends and most recently a few bodies to take to the river with the help of their biker club As the dust settles now is finally the time for Cliff to convince Olivia to take the next step in their very offbeat romance They were meant to be he's certain of it but after everything she's been through Olivia is afraid to commit Before he has a chance to tell her what's on his mind and heart war threatens to tear both them and the club apart When a teen football player is brutally violated only Olivia Cliff and the River Reapers MC can avenge him Now that Olivia's a licensed social worker she's determined to get justice through the proper channels The club's running out of places to hide all her bodies anyway When the system is stacked against victims making a bunch of high school athletes pay for their crimes proves trickier than anything Olivia's ever done Especially when a rival motorcycle club from the past is out for revenge and closing in The club is the family Olivia and Cliff both longed for their whole lives but even families have rats When someone betrays them they'll pay in both blood and love A Fatal Prospect is a slow burn touch her and die dark romance and the third book in the River Reapers MC series

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