

Cyber Monday Sale

Sleep Products



Cyber Monday Sleep Hacks Latest

Norman Fender

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Cyber Monday Sleep Hacks Latest:

Make Money While You're Sleeping Peacefully: The Digital Asset Cash Flow Plan Ahmed Musa ,2025-05-24 Let me ask you something What's better than making money Making it while you sleep Make Money While You're Sleeping Peacefully The Digital Asset Cash Flow Plan hands you the keys to a business that runs 24/7 without meetings clients breathing down your neck or trading time for scraps This isn't about get rich quick hype This is about building digital assets once that keep paying you forever Inside you'll discover The 3 types of digital assets that create nonstop cash flow pick one and go How to build income streams that stack even if you suck at tech The lazy genius way to automate everything and free your time Why most online hustlers stay broke and how to do the exact opposite Real world strategies to create launch and scale digital products that don't die after launch day If you're tired of being busy with no breakthrough If you want leverage lifestyle and income that doesn't depend on your daily grind This is your blueprint Because when your assets are doing the work You wake up richer every single morning

Sleep Reset Natalie Pennicotte-Collier,2024-02-22 Natalie's holistic five week sleep programme is life changing Chloe Brotheridge author of The Anxiety Solution I defy anyone to read this book and not get a good night's sleep Alex Soojung Kim Pang author of Rest Discover the tools you need to become your own best sleep coach How are you sleeping Restless nights bleary eyed mornings or full blown insomnia The good news is that even in tough times your ability to sleep is never truly broken Packed with empowering rest and recovery strategies and supported by the latest sleep science Sleep Reset is your new five week recovery plan for better sleep Utilising a unique blend of Mindfulness based Cognitive Therapy techniques breathwork and hypnotherapy with fifteen bonus audio tracks learn how to Get back in touch with the most evolved sleep tech on this planet your inner body clock Support your nervous system to reduce sleep stress and calm your racing mind Rebuild your sleep confidence and begin your recovery Through a day to night roadmap for better sleep that starts the moment you wake up you'll learn how to be your own best sleep coach and get back on track for life

Energize! Michael Breus,Stacey Griffith,2021-12-14 Unleash the energy you need to achieve your dreams through this revolutionary science based wellness program by a renowned sleep expert and a SoulCycle founding instructor Are you desperately seeking more energy Dr Breus and Stacey heard it every day from their clients so they decided to do something about it write a book and jumpstart a movement In Energize Dr Breus and Stacey Griffith have teamed up to teach you how to get your groove back Using the scientifically proven core principles of chronobiology and your biological body type remember that from high school they offer an easy to understand personalized program of small daily movements sleeping and fasting on schedule and mood hacks that will give readers incredible energy promote happiness and fight off fatigue for good Sounds too good to be true Their program boils down to living the way nature and your DNA programmed you to live But don't worry it's really simple and super fun With fascinating science quizzes so that readers can identify their chronotype Lion Wolf Bear or Dolphin and their body type Fast Medium or Slow Metabolism and easily implemented advice

Energize will have you feeling happier and more energetic in 30 days Linksys WRT54G Ultimate Hacking Paul Asadoorian, Larry Pesce, 2011-04-18 This book will teach the reader how to make the most of their WRT54G series hardware. These handy little inexpensive devices can be configured for a near endless amount of networking tasks. The reader will learn about the WRT54G's hardware components, the different third party firmwares available, and the differences between them, choosing the firmware that is right for you, and how to install different third party firmware distributions. Never before has this hardware been documented in this amount of detail, which includes a wide array of photographs and complete listing of all WRT54G models currently available, including the WRTSL54GS. Once this foundation is laid, the reader will learn how to implement functionality on the WRT54G for fun projects, penetration testing, various network tasks, wireless spectrum analysis, and more. This title features never before seen hacks using the WRT54G. For those who want to make the most out of their WRT54G, you can learn how to port code and develop your own software for the OpenWRT operating system. Never before seen and documented hacks including wireless spectrum analysis. Most comprehensive source for documentation on how to take advantage of advanced features on the inexpensive wrt54g platform. Full coverage on embedded device development using the WRT54G and OpenWRT *Disentangling* André Jansson, Paul C. Adams, 2021-06-28 Blending philosophy and sociology with media geography, *Disentangling* offers a crucial reflection on how we might unravel our digital dependence by reasserting resilient boundaries between ourselves and the surrounding political, economic, cultural, and technological systems **Online Investing Hacks** Bonnie Biafore, 2004-06-17 For the geek who's an investor and the investor who's a geek, we present *Online Investing Hacks*: 100 industrial strength, bleeding edge tips, tools, and techniques for analyzing and managing online portfolios. Individual investors have become more computer literate and technology dependent than ever before. Whether you're looking for suitable investments, studying alternatives, or managing your portfolios, you need data. The Internet can be a goldmine of financial data and research, but today's online investors also use spreadsheets, databases, and financial applications to select, study, and manage investments. If your proficiency has grown to the point where you crave industrial strength tips and tools to turbo charge your efforts, this is the book for you. *Online Investing Hacks* covers: Screening Investments, Collecting Data, Fundamental Analysis, Technical Analysis, Executing Trades, Investing in Mutual Funds, Portfolio Management, Updating Stock Data, Financial Planning. Other books for managing online investing are either out of date, are for beginners, and don't go beyond the most basic advice, or are so dull and boring they squeeze that last bit of fun out of the topic. *Online Investing Hacks* is for the customer who wants to know the latest techniques to go beyond the basics, who gets jazzed by cool online tools and services, and who actually wants to have a bit of fun while trying to strike it rich, or at least not lose their shirt Hacking Memory Systems Xena Mindhurst, AI, 2025-02-13 *Hacking Memory Systems* reveals how anyone can dramatically improve their memory using techniques employed by memory champions. It argues that exceptional memory isn't an innate gift, but a skill developed through structured training. The book explores mnemonic systems, delving

into the psychology of memory formation and practical applications in daily life Interestingly memory improvement extends beyond rote memorization enhancing cognitive functions and mental agility The book progressively introduces mnemonic techniques starting with memory fundamentals It covers methods like the Method of Loci and the Major System teaching how to memorize names faces and abstract information Uniquely the book emphasizes personalization encouraging readers to adapt techniques to their learning styles By synthesizing cognitive psychology research case studies and practical exercises Hacking Memory Systems guides readers on a journey to unlock their cognitive potential and boost memory performance in various settings

Hack the Cybersecurity Interview Ken Underhill, Christophe Foulon, Tia Hopkins, 2022-07-27 Get your dream job and set off on the right path to achieving success in the cybersecurity field with expert tips on preparing for interviews understanding cybersecurity roles and more Key Features Get well versed with the interview process for cybersecurity job roles Prepare for SOC analyst penetration tester malware analyst digital forensics analyst CISO and more roles Understand different key areas in each role and prepare for them Book Description This book is a comprehensive guide that helps both entry level and experienced cybersecurity professionals prepare for interviews in a wide variety of career areas Complete with the authors answers to different cybersecurity interview questions this easy to follow and actionable book will help you get ready and be confident You ll learn how to prepare and form a winning strategy for job interviews In addition to this you ll also understand the most common technical and behavioral interview questions learning from real cybersecurity professionals and executives with years of industry experience By the end of this book you ll be able to apply the knowledge you ve gained to confidently pass your next job interview and achieve success on your cybersecurity career path What you will learn Understand the most common and important cybersecurity roles Focus on interview preparation for key cybersecurity areas Identify how to answer important behavioral questions Become well versed in the technical side of the interview Grasp key cybersecurity role based questions and their answers Develop confidence and handle stress like a pro Who this book is for This cybersecurity book is for college students aspiring cybersecurity professionals computer and software engineers and anyone looking to prepare for a job interview for any cybersecurity role The book is also for experienced cybersecurity professionals who want to improve their technical and behavioral interview skills Recruitment managers can also use this book to conduct interviews and tests

Hack the Cybersecurity Interview Christophe Foulon, Ken Underhill, Tia Hopkins, 2024-08-30 Ace your cybersecurity interview by unlocking expert strategies technical insights and career boosting tips for securing top roles in the industry Key Features Master technical and behavioral interview questions for in demand cybersecurity positions Improve personal branding communication and negotiation for interview success Gain insights into role specific salary expectations career growth and job market trends Book Description The cybersecurity field is evolving fast and so are its job interviews Hack the Cybersecurity Interview Second Edition is your go to guide for landing your dream cybersecurity job whether you re breaking in or aiming for a senior

role This expanded edition builds on reader feedback refines career paths and updates strategies for success With a real world approach it preps you for key technical and behavioral questions covering roles like Cybersecurity Engineer SOC Analyst and CISO You ll learn best practices for answering with confidence and standing out in a competitive market The book helps you showcase problem solving skills highlight transferable experience and navigate personal branding job offers and interview stress Using the HACK method it provides a structured approach to adapt to different roles and employer expectations Whether you re switching careers advancing in cybersecurity or preparing for your first role this book equips you with the insights strategies and confidence to secure your ideal cybersecurity job What you will learn Identify common interview questions for different roles Answer questions from a problem solving perspective Build a structured response for role specific scenario questions Tap into your situational awareness when answering questions Showcase your ability to handle evolving cyber threats Grasp how to highlight relevant experience and transferable skills Learn basic negotiation skills Learn strategies to stay calm and perform your best under pressure Who this book is for This book is ideal for anyone who is pursuing or advancing in a cybersecurity career Whether professionals are aiming for entry level roles or executive ones this book will help them prepare for interviews across various cybersecurity paths With common interview questions personal branding tips and technical and behavioral skill strategies this guide equips professionals to confidently navigate the interview process and secure their ideal cybersecurity job Power of Relax. Restart & Kill your Stress by Sleeping Simone Janson, 2025-11-17 Also in the 8th revised and improved edition published by a government funded publisher involved in EU programs and a partner of the Federal Ministry of Education you receive the concentrated expertise of renowned experts overview in the book preview embedded in an integrated knowledge system with premium content and 75% advantage At the same time you do good and support sustainable projects Because the ability to sleep sufficiently long and deep is an important but often underestimated factor for health and performance Many people are under extreme stress the balancing act between employer and private life overtaxes many and in the end this also affects sleep The ever faster digital development and the increasing pressure to perform and succeed to work as error free as possible does the rest Burnout is often the result This book provides tips and instructions on self organisation and time management and shows how to successfully overcome stress and increase your own energy motivation and concentration through good sleep Knowledge that makes a difference With its Information on Demand concept the publisher was not only involved in an EU funded program but also received several awards So when you buy the book you are also doing good The publisher is financially and personally committed to socially relevant projects such as tree planting campaigns scholarship foundations sustainable living and many other innovative ideas The goal of providing you with the best possible content on topics such as career finance management recruiting or psychology goes far beyond the static nature of traditional books The interactive book not only imparts expert knowledge but also allows you to ask individual questions and receive personal advice In doing so expertise

and technical innovation go hand in hand as we take the responsibility of delivering well researched and reliable content as well as the trust you place in us very seriously Therefore all texts are written by experts in their field Only for better accessibility of information do we rely on AI supported research results to a limited extent to make information easier to find which assists you in your search for knowledge You also gain extensive premium services Each book includes detailed explanations and examples making it easier for you to successfully use the consultation services freely available only to book buyers Additionally you can download e courses work with workbooks or engage with an active community This way you gain valuable resources that enhance your knowledge stimulate creativity and make your personal and professional goals achievable and successes tangible That s why as part of the reader community you have the unique opportunity to make your journey to personal success even more unforgettable with travel deals of up to 75% off Because we know that true success is not just a matter of the mind but is primarily the result of personal impressions and experiences Publisher and editor Simone Janson is also a best selling author was a columnist for WELT and Wirtschaftswoche and according to ZEIT one of Germany s most bloggers on success find out more about her on Wikipedia *Cyber in the Age of Trump* Charlie Mitchell,2020-03-15 In this book one of America s leading analysts of cybersecurity policy presents an incisive first time examination of how President Trump s unique often baffling governing style has collided with the imperatives of protecting the nation s cybersecurity Mitchell reveals how qualities that drove success in business and reality TV impatience and unpredictability posturing as an unassailable strong man and aversion to systematic approaches have been antithetical to effective leadership on cybersecurity Mitchell reveals how the United States is trying to navigate through one of the most treacherous passages in history Facing this challenge He argues that the strategic pieces put forth by Trump do not add up to a coherent whole or a cybersecurity legacy likely to endure past his presidency *Cyber in the Age of Trump* will be required reading for both insiders and citizens concerned about American response to the wide variety of cyberthreats at home and abroad *The Routledge Companion to Cyberpunk Culture* Anna McFarlane,Lars Schmeink,Graham Murphy,2019-11-28 In this companion an international range of contributors examine the cultural formation of cyberpunk from micro level analyses of example texts to macro level debates of movements providing readers with snapshots of cyberpunk culture and also cyberpunk as culture With technology seamlessly integrated into our lives and our selves and social systems veering towards globalization and corporatization cyberpunk has become a ubiquitous cultural formation that dominates our twenty first century techno digital landscapes The Routledge Companion to Cyberpunk Culture traces cyberpunk through its historical developments as a literary science fiction form to its spread into other media such as comics film television and video games Moreover seeing cyberpunk as a general cultural practice the Companion provides insights into photography music fashion and activism Cyberpunk as the chapters presented here argue is integrated with other critical theoretical tenets of our times such as posthumanism the Anthropocene animality and empire And lastly cyberpunk is a vehicle that lends itself to the rise of new

futurisms occupying a variety of positions in our regionally diverse reality and thus linking as much as differentiating our perspectives on a globalized technoscientific world With original entries that engage cyberpunk's diverse angles and its proliferation in our life worlds this critical reference will be of significant interest to humanities students and scholars of media cultural studies literature and beyond

Shocking Life Hacks Hannah Gray, AI, 2025-03-31 Shocking Life Hacks offers a collection of unconventional strategies designed to simplify and optimize daily life focusing on efficiency hacks problem solving shortcuts and resourcefulness techniques This self help reference presents surprising yet practical solutions grounded in logic moving beyond generic advice For instance you'll discover how understanding basic psychology can drastically improve time management The book introduces life hacking and its potential for personal improvement then explores each key area in dedicated sections with real world examples The book emphasizes the unexpected presenting strategies that may defy common sense but yield demonstrable results like leveraging readily available materials for creative solutions What sets this book apart is its compilation of unorthodox solutions to everyday problems It adopts a conversational tone empowering readers to experiment and discover what works best for them It progresses from introducing life hacking concepts to providing practical applications guiding readers to integrate hacks into daily routines and cultivate a mindset of continuous improvement

The Pregnancy Experience McKenzie Nelson, 2024-08-07 In 2023 there were about 368 000 births daily in the world With today's scientific competencies every single one of those people was birthed by a woman So why is there still so much mystery involved in the process Your body is hardwired to do this but that doesn't mean you have any idea what you're about to go through Why did I not know what to mentally prepare myself for during the growth and delivery of my baby Why did I have no idea what would happen to me at the hospital Why did I think my body was done with baby things after forty weeks Why has the normal for advice passed down woman to woman about pregnancy become Yes it'll hurt but you don't remember that in the end or four hundred plus page books that take forever to read and are more biology than helpful tips And why have we as a society written that off as okay We would never expect someone to go into a new job with little to no instruction And when a new employee asks hard hitting questions in detail and points out faults in the process for correction we give them an award we don't pointedly avoid their questions and tell them this is how things are So why are so many women expected to go into the hospital blind not having any idea what to expect during their delivery besides you push and a baby pops out You are going through a fast paced life altering experience so you need a fast paced guide on what to expect for the near future and what you should know to expect from your body and mind during this wonderful experience The birth of my child was fully worth everything I went through in this book however I could have experienced less fear anxiety and emotional strain with my husband during my pregnancy had I known what to expect and prepare for from preconception to postbirth normalcy

Dissecting the Hack Jayson E Street, 2015-07-20 Dissecting the Hack The V3rb0t3n Network ventures further into cutting edge techniques and methods than its predecessor Dissecting the

Hack The F0rb1dd3n Network It forgoes the basics and delves straight into the action as our heroes are chased around the world in a global race against the clock The danger they face will forever reshape their lives and the price they pay for their actions will not only affect themselves but could possibly shake the foundations of an entire nation The book is divided into two parts The first part entitled The V3rb0t3n Network continues the fictional story of Bob and Leon two hackers caught up in an adventure in which they learn the deadly consequence of digital actions The second part Security Threats Are Real STAR focuses on these real world lessons and advanced techniques as used by characters in the story This gives the reader not only textbook knowledge but real world context around how cyber attacks may manifest The V3rb0t3n Network can be read as a stand alone story or as an illustration of the issues described in STAR Scattered throughout The V3rb0t3n Network are Easter eggs references hints phrases and more that will lead readers to insights into hacker culture Drawing on The V3rb0t3n Network STAR explains the various aspects of reconnaissance the scanning phase of an attack the attacker s search for network weaknesses and vulnerabilities to exploit the various angles of attack used by the characters in the story basic methods of erasing information and obscuring an attacker s presence on a computer system and the underlying hacking culture All new volume of Dissecting the Hack by Jayson Street with technical edit by Brian Martin Uses actual hacking and security tools in its story helps to familiarize readers with the many devices and their code Features cool new hacks and social engineering techniques in real life context for ease of learning

Hacking His Code Lark Anderson,2024-02-13 I must confess I did something very naughty And I haven t learned my lesson I was late on tuition In a mountain of debt And morally obligated to grant my mother s dying wish to get my college degree Which is why I was on the seedy underbelly of the internet cruising for a hacking job I had no idea Hunter Davies the elusive tech giant was watching me and when I passed his little impromptu pop quiz he sent armed men to bring me to his estate And let me tell you he is a piece of work He s disgustingly rich with arrogance in spades He should be in jail for what he s done to me But he offered me a job One that could make all my problems disappear And as much as I hate to admit it he s flippin other worldly levels of gorgeous Now I have one week to solve a 24 year old cold case or else I go home empty handed Just one catch I have to pretend to be his girlfriend in front of his parents who are itching for grandkids I agree to his terms and somehow one thing leads to another and I wake up in his bed This is not how the job was supposed to go I hate men they can t be trusted But the more I learn about Hunter the less my logic makes sense I m supposed to be solving one of the greatest mysteries of our time not falling in love And as I m about to find out if I don t figure this all out soon it could cost us everything

The Weight Loss Handbook: Tips, Tricks, and Tactics Norman Fender,2024-05-31 Are you tired of conflicting advice and quick fix diets that promise the world but deliver little Discover a comprehensive guide that merges personal experience with investigative journalism in The Weight Loss Handbook Tips Tricks and Tactics by Norman Fender Why This Book Personal Journey Norman Fender an investigative journalist shares his deeply personal journey of overcoming weight challenges Unlike many guides written by

scientists or doctors this book offers a unique perspective from someone who has walked the path of weight loss and understands the emotional and physical hurdles firsthand

Comprehensive Insights These well researched strategies and scientifically backed principles that demystify weight loss From understanding the core principle of energy balance to debunking myths like spot reduction this book equips you with knowledge to make informed decisions

Practical Advice Fender provides actionable tips and strategies for sustainable weight loss Learn how to adopt a balanced diet practice portion control incorporate regular physical activity prioritize sleep manage stress and set realistic goals

Debunking Myths The book addresses common weight loss myths ensuring you don't fall into the trap of ineffective and sometimes harmful practices Understand why spot reduction doesn't work and why nutrient dense foods are crucial for long term success

Delicious Recipes Enjoy a variety of easy to make nutritious recipes designed to boost your metabolism and support your weight loss journey Whether you're a fan of spicy foods green tea or hearty soups there's something for everyone

Tailored Approaches Recognizing that weight loss is not a one size fits all journey the book emphasizes individualized approaches It helps you find what works best for your body and lifestyle ensuring sustainable and personalized results

Support and Motivation With insights on seeking support managing plateaus and dealing with emotional eating the book provides a holistic approach to weight loss Fender's relatable narrative and encouraging tone make you feel supported every step of the way

What You'll Learn The Science Behind Fat Burning Explore how basal metabolic rate exercise diet and hormonal regulation play critical roles in weight loss

Mindful Eating and Portion Control Develop healthier eating habits that prevent overeating and promote satiety

Thermogenic Foods and Fat Oxidation Discover foods and recipes that boost your metabolism and accelerate fat loss

Meal Planning and Prepping Learn the benefits of meal prepping and how to create balanced meals that support your weight loss goals

Building Healthy Habits Establish long term livable habits that foster a positive mindset and sustainable weight management

Success Stories and Expert Insights The Weight Loss Handbook is not just a collection of tips it's filled with real life success stories and expert interviews that provide additional motivation and validation You'll find inspiration from those who have successfully transformed their lives using the principles and strategies outlined in the book

Interactive Elements The book features interactive elements such as self assessment quizzes goal setting worksheets and progress trackers to keep you engaged and accountable These tools help you apply the information in a structured manner ensuring you stay on track towards your goals

Embark on your weight loss journey with confidence and clarity

The Weight Loss Handbook: Tips, Tricks, and Tactics by Norman Fender is your comprehensive guide to achieving a healthier happier you Equip yourself with the knowledge tools and motivation to succeed

Cyber Crime: Concepts, Methodologies, Tools and Applications Management Association, Information Resources, 2011-11-30

Threatening the safety of individuals computers and entire networks cyber crime attacks vary in severity and type Studying this continually evolving discipline involves not only understanding different types of attacks which range from identity theft to cyberwarfare

but also identifying methods for their prevention Cyber Crime Concepts Methodologies Tools and Applications is a three volume reference that explores all aspects of computer based crime and threats offering solutions and best practices from experts in software development information security and law As cyber crime continues to change and new types of threats emerge research focuses on developing a critical understanding of different types of attacks and how they can best be managed and eliminated *Raising a Kid Who Can* Catherine McCarthy,Heather Tedesco,Jennifer Weaver,2023-09-12 Three mental health professionals cut through the parenting advice noise with this accessible easy to skim book filled with actionable strategies and tips to build a child s capacity to thrive where they are planted in good times and bad It s time to parent smarter not harder Filled with scientifically based and eminently actionable advice and strategies Raising a Kid Who Can boils down the ten essential things that every child needs to thrive so that parents can stop drowning in information and get to the business of raising healthier happier humans Written by three mental health professionals who work with families organized for easy skimming and designed to be useful at any stage in a child s life the book devotes one short impactful chapter per principle including Resilience Attention and Self Control Psychological Flexibility Self Motivation Compassion and Gratitude The result is a new approach to a parenting guide one that takes a wholistic approach to nurturing a child s development and help parents get right to the information they need when they need it **To Catch a Cheat** Kelley St. John,2007-11-01 Single thirty something Marissa though beautiful and talented is becoming increasingly skeptical about romance because every man in her life has been a cheater She creates a website dedicated to exposing serial cheaters but instead her website ushers back into her life her first boyfriend from adolescence and he is determined to show her that a man can be true

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Cyber Monday Sleep Hacks Latest Introduction

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