



Sleep Hacks World Series Deal

IM Harris



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Hacking Life Joseph M. Reagle, Jr., 2019-04-16 In an effort to keep up with a world of too much life hackers sometimes risk going too far Life hackers track and analyze the food they eat the hours they sleep the money they spend and how they re feeling on any given day They share tips on the most efficient ways to tie shoelaces and load the dishwasher they employ a tomato shaped kitchen timer as a time management tool They see everything as a system composed of parts that can be decomposed and recomposed with algorithmic rules that can be understood optimized and subverted In Hacking Life Joseph Reagle examines these attempts to systematize living and finds that they are the latest in a long series of self improvement methods Life hacking he writes is self help for the digital age s creative class Reagle chronicles the history of life hacking from Benjamin Franklin s Poor Richard s Almanack through Stephen Covey s 7 Habits of Highly Effective People and Timothy Ferriss s The 4 Hour Workweek He describes personal outsourcing polyphasic sleep the quantified self movement and hacks for pickup artists Life hacks can be useful useless and sometimes harmful for example if you treat others as cogs in your machine Life hacks have strengths and weaknesses which are sometimes like two sides of a coin being efficient is not the same thing as being effective being precious about minimalism does not mean you are living life unfettered and compulsively checking your vital signs is its own sort of illness With Hacking Life Reagle sheds light on a question even non hackers ponder what does it mean to live a good life in the new millennium

Effortless Greg McKeown, 2021-04-27 In a world beset by burnout Greg McKeown s work is essential Daniel H Pink Effortless shows that achieving more doesn t have to be as hard as we make it out to be Arianna Huffington NEW YORK TIMES BESTSELLER A Times UK Best Book of the Year From the author of the million copy selling Essentialism comes an empowering guide to achieving your goals It all starts with a simple principle Not everything has to be so hard The intricacy of modern life has created a false dichotomy between things that are hard and important and those that are easy and trivial Everything has become so much harder than it ought to be But Greg McKeown bestselling author of Essentialism says there is a third alternative In Effortless he offers practical tools for making the most essential activities the easiest ones so you can achieve the results you want without burning out Honed over the better part of a decade these strategies include Turning tedious tasks into enjoyable rituals Preventing frustration by solving problems before they arise Setting a sustainable pace instead of powering through Making one time choices that eliminate many future decisions Making relationships easier to maintain and manage And much more McKeown s philosophy of essentialism has helped thousands to recognise that the effortless way isn t the lazy way It s the smart way Not every hard thing in life can be made easy but we can make it easier to do more of what matters most Effortless will show you how

Dream Like a Champion John Cook, Brandon Vogel, 2017-09 Since becoming the Nebraska women s volleyball coach in 2000 John Cook has led the team to four national championships seven NCAA semifinal appearances and the nation s top winning percentage in women s volleyball In Dream Like a Champion Cook shares the coaching and leadership philosophy

that has enabled him to become one of the game's winningest coaches Growing up in San Diego Cook acquired his coaching philosophy from his experiences first as a football coach then as a student of the sport of volleyball on the beaches of Southern California After a stint as an assistant volleyball coach at Nebraska he returned to Nebraska as head coach in 2000 and won the national championship in his first season Even with a bar set so high Cook saw at Nebraska's tradition rich program the potential for even greater growth and success He decided to focus on higher expectations training motivation goal setting and other ways to build the strongest teams possible In *Dream Like a Champion* Cook shares the philosophy behind Nebraska's culture of success and reveals how he's had to learn evolve and be coached himself even in his fifth decade as a coach With openness and candor he delivers insights about his methods and passes along lessons that can be used by leaders in any field Cook also shares behind the scenes anecdotes about Nebraska volleyball moments and players and how he coaches and teaches his players about life beyond the court *Double Whammy* Carl Hiaasen,1988-01-15

Follow the adventures of a news photographer turned private eye as he seeks truth justice and an affair with his ex wife The New York Times in this hilarious caper from bestselling author Carl Hiaasen R J Decker star tenant of the local trailer park and neophyte private eye is fishing for a killer Thanks to a sportsman's scam that's anything but sportsmanlike there's a body floating in Coon Bog Florida and a lot that's rotten in the murky waters of big stakes large mouth bass tournaments Here Decker will team up with a half blind half mad hermit with an appetite for road kill dare to kiss his ex wife while she's in bed with her new husband and face deadly TV evangelists dangerously seductive women and a pistol toting redneck with a pit bull on his arm And here his own life becomes part of the stakes For while the double whammy is the lure first prize is for the most ingenious murder **Film World and A-V World News Magazine** ,1951 *The CompetitiveEdge* ,1980

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