



The 8-Hour Sleep Paradox: How We Are Sleeping Our Way to Fatigue, Disease and Unhappiness

Dr. Mark Burhenne

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Surprising as it may seem, getting eight hours of sleep is the wrong approach to achieve great health and top performance. Most people with disrupted sleep don't know what they're missing because they've never experienced anything different. This book will teach you how to achieve your highest quality sleep to become your best, brightest, most capable self. This 3-step program will show you how you can get the kind of sleep that unlocks your ability to: - Achieve your perfect weight by suppressing your appetite naturally - Slow down the aging process - Wake up happy and refreshed every morning - Improve your energy levels, concentration and mental focus - End daytime sleepiness and brain fog

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