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THE SLEEP REVOLUTION: TRANSFORMING YOUR LIFE, ONE NIGHT AT A TIME : TRANSFORMING YOUR LIFE, ONE NIGHT AT A TIME



Harmony, 2016. Taschenbuch. Condition: Neu. Neu Neuware, Importqualität, auf Lager, Versand per Bücherseendung - We are in the midst of a sleep deprivation crisis, writes Arianna Huffington, the co-founder and editor in chief of The Huffington Post . And this has profound consequences - on our health, our job performance, our relationships and our happiness. What is needed, she boldly asserts, is nothing short of a sleep revolution. Only by renewing our relationship with sleep can we take back control..

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- Authored by Arianna Huffington
- Released at 2016



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