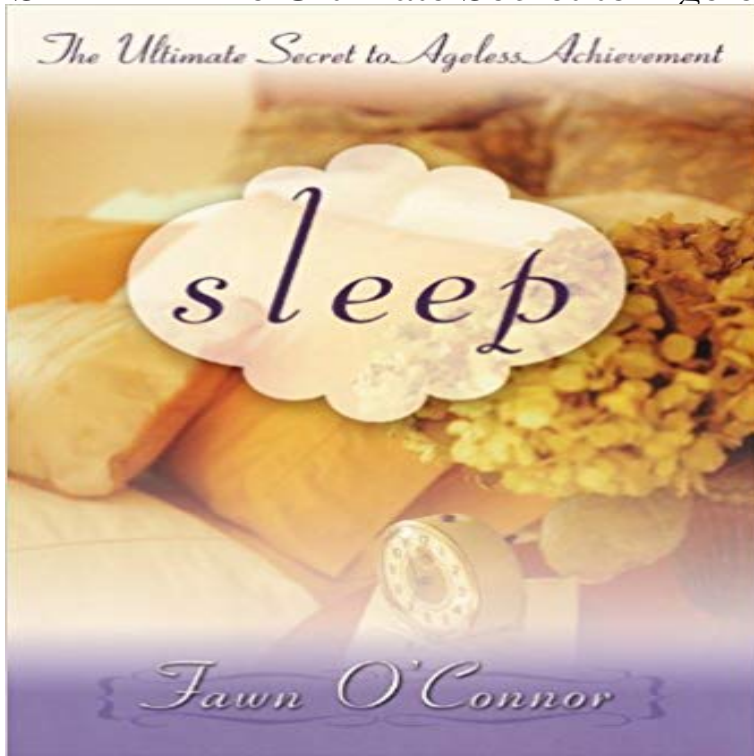


## SLEEP - The Ultimate Secret to Ageless Achievement



2011 winner of Dan Poynters GLOBAL E-BOOK AWARDS, in the Health Fitness & Beauty category, SLEEP The Ultimate Secret to Ageless Achievement explains why sleep is so essential for radiant health, vitality and good looks. We have outlined simple, practical ways to turn off the lights (and your mind) so that you can use sleep as your secret weapon against aging. The book outlines ways to improve your Time Management, so that you can find more time to sleep. We have tips from time management guru, Brian Tracy. Another valued mentor, Bob Proctor explains a simple way to get more done each day with his 6 list. We provide you with an array of foods, supplements and herbs that naturally promote better sleep. You'll discover how adding or eliminating certain foods in the evening will improve your sleep. Nothing improves muscle tone (especially facial muscles) more effectively than ample sleep. Muscle tone gives you firmer, more youthful skin. When your facial muscles are tired, (from sleep deprivation) they are easily pulled down by gravity. Skin always follows muscle. If the muscles are pulled down, the skin is pulled down, and you end up with a tired, old appearance. If you could bottle sleep, it would be the best selling item in all cosmetic departments. The effect will amaze you. We are all looking for enhanced mental clarity, focus and productivity. These are areas of our life that truly suffer when we are sleep deprived. Fortunately, they can be regained with regular, restful, sufficient sleep. Other major benefits from sufficient sleep are increased energy, sex drive and zest for life. When we are tired, we have a tendency to be short tempered, show lack of patience, and understanding with people around us. I think you would be amazed at the number of arguments/disagreements that are triggered by one or both parties being sleep deprived. Of all the things we can do to take care of ourselves, sleep still

ranks at the very top. Yet most of us are sleep deprived. Sleep deprivation is one of the most ignored health hazards in today's society. According to leading sleep research surveys, between 40 and 70 million adults in the U.S. alone, either suffer from insomnia, at least several days a week, or simply do not make the time to get sufficient sleep. Everything that truly enhances the quality of our lives can be improved with regular, sufficient, restful sleep. SLEEP - The Ultimate Secret to Ageless Achievement shows you the way to accomplish this. This is not a book of relentless medical statistics, facts and figures. Naturally, we explain some of the medical hazards that one encounters or increases from long term sleep deprivation. However, we have tried to share with you lessons we have learned, that actually work. It is a How To book to guide you through the simple steps you can take to eliminate insomnia on a regular basis, as I have done. Yes, I'm an X-INSOMNIAC. Believe me, once you enjoy the rewards of health, energy, mental clarity, productivity and joy from living life without sleep deprivation, you will do everything in your power to make sure you don't go back to those destructive nights and days.

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