

## While You Were Sleeping Fun Facts That Happen Every Night

The idea of "The Green Book" is to give the Motorist and Tourist a Guide not only of the Hotels and Tourist Homes in all of the large cities, but other classifications that will be found useful wherever he may be. Also facts and information that the Negro Motorist can use and depend upon. There are thousands of places that the public doesn't know about and aren't listed. Perhaps you know of some? If so send in their names and addresses and the kind of business, so that we might pass it along to the rest of your fellow Motorists. You will find it handy on your travels, whether at home or in some other state, and is up to date. Each year we are compiling new lists as some of these places move, or go out of business and new business places are started giving added employment to members of our race.

It's true, you can teach and model godly values, encourage wise choices, and set guidelines for your child, among other nurturing essentials. But did you know that one of the greatest ways to impact your child's life is ... by praying for him. This book can be a valuable tool in helping you to pray specifically and systematically for your child. While They Were Sleeping is a prayer guide designed to help moms pray for 12 character traits to be built into a child's life. Fun, practical activities help you connect with your child while teaching him about the character qualities for which you have prayed. Learn how to move, shape and fashion your child's heart through prayer, and prepare him for a lifetime of faithful living. Book jacket.

Love at Second Sight ? She had a crush on the celebrity but fell in love with his brother. ? Lucy

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Morrowitz has two dreams. First, to reopen the Starlight, a drive-in theater she inherited from her parents. Second, to marry her celebrity crush-motivational speaker, Carter Hughes. Neither goal is attainable until her coworker, morning show DJ, Crew Keller, convinces the community to save the small-town landmark. When Carter Hughes accepts her Hail Mary of an invitation to give the kickoff speech at the Harvest Ranch spring cleanup, suddenly, neither dream feels as far out of reach. Zachary Hughes has never been much of a dreamer. He doesn't have as glamorous a job as his brother, but it's steady and reliable, even if he doesn't love it. He doesn't care that he's not well known, in fact, he prefers a quiet life, and there's nothing Carter has that Zach envies-until he meets his fiancée. Because of her, Zach finds himself reaching for more: A job he looks forward to every day. A town where he's known, and not just as Carter's little brother. And the perfect person to spend his life with-someone who laughs with him, challenges him, accepts him, loves him. Someone like Lucy. Are these the dreams that will bring them happiness? Perhaps the motivational speakers are right-Lucy and Zach can reach their dreams-they just have to make sure they're reaching for the right ones. ? A fresh take on a classic rom-com, this sweet small-town romance will have you dreaming of an evening spent at the drive-in with your sweetheart. ?

The universe and all it contains is nothing but theory, whether it is scientific or religious in nature. Every theory is open to debate, and with proof can ultimately change a belief, alter the solar system, or help change the future for the children of tomorrow. Step backwards and forwards in time and experience the beginning with Azura. Learn as she does through her magical and mystical journey the tales and legends, myths and theories of the planet we call Earth. Experience the wonder and beauty of love and also the pain that love can impose upon

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each and every one of us, when we meet our twin flame, or soul mate. For in this world and beyond there is only one true twin flame. As you read you may come up with your own theories, never discard them and never ever stop believing and dreaming, for without our beliefs in who we are and where we came from, and without our dreams of better things, we will become nothing but particles within the universe, and like those particles become lost in time forever.....

Sleeping Funny is that rare book--a debut that introduces us to a fully mature writer, one who instantly draws you in with her lean style, empathy and wit, and keeps you reading, with growing admiration and delight, from first page to last. These stories showcase Miranda Hill's astonishing range and virtuosity, introducing us to a protean variety of characters, each as well-realized as the next. Here is a writer who can seamlessly inhabit the consciousness of a sixteen-year-old navigating an embarrassing sex-ed class, a middle-aged minister experiencing a devastating crisis of faith in a 19th century rural village, a pilot's widow coping with her grief by growing an unusual "victory garden" during World War II, and well-heeled modern professional women juggling jobs, kids, and husbands, and trying to cope with the arrival of a beautiful bohemian neighbour, on a gentrified street in downtown Toronto. The qualities that unite these remarkable stories are a pervasive sense of mystery and magic, a wonderful wit and sophistication, and most surprisingly, the slight disorientation implied by the title: In Miranda Hill's beguiling universe, the "real world" is recognizable and slightly askew, as if you were experiencing one of those strange dreams where you think you are awake--or as if you've been "sleeping funny" and are on the cusp of waking into the everyday world you thought you knew.

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Part laugh-out-loud storytelling, part thoughtful self-reflection, this debut memoir from a television comedy writer follows her many adventures around the world in an attempt to escape her fear of commitment and settling down. Original. 50,000 first printing.

Displacement, replacement, injection, rejection, the best and the worst birthdays ever, vengeful spirits, disgruntled bridge trolls, a semi-sappy Satan, Bloody Mary as you've never seen her, Bigfoot, a suburban brush with the undead, rainbows you don't want to find the end of, and more. This collection includes mostly dark and sometimes humorous poetry, flash fiction, and short stories from the mind of Michelle Kilmer, including 'Mirielle', a finalist in the Crypticon 2014 Writing Contest. LAST NIGHT WHILE YOU WERE SLEEPING also features illustrations by talented artists including Rob Sacchetto, Nick Gucker, Kriscinda Lee Everitt, Travis Bundy, James Lacroix, and others.

15-year-old Ben and his two best friends wake up from hibernation to discover the horrific truth about their peaceful town. Winter is just a few days away. Everyone in town is getting ready to lie down in their hibernation pods and sleep till spring. Ben and his two best friends, Ellen and Chess, are about to escape this established tradition. They have scored SilverBlue mushrooms. Ben is looking at his share, pushing them around in the palm of his hand. They're tiny with a strange blue cap and a translucent stalk. And if you eat them, you're supposed to wake up from Hi-be and go for a white winter. Ellen has convinced the boys that it would be awesome to stay awake for an entire season of freedom with zero parental supervision and the whole town for themselves. Ben is secretly in love with her. He swallows the mushrooms to impress her and returns to his family to get ready for the long sleep. After nearly suffocating on his ventilator during his awakening, Ben realizes that nothing is the way he wanted it to be.

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Their town has become a scary and silent place. Food is scarce. Ellen is actually in love with Chess. And most importantly, their neighborhood is overrun by hordes of primitive wordless outsiders ransacking houses, killing and eating their sleeping occupants. If they want to survive, Ben and his friends will have to uncover all the secrets buried right under their feet and stop whoever was really controlling their town from killing its people, even if it means making an unlikely alliance with one of those man-eating outsiders.

We all go through patches when we find it hard to sleep. Either we have problems dropping off at night or we wake in the early hours with thoughts buzzing round in our minds. Sometimes it seems impossible to get that elusive night's sleep we so badly crave, but this book will show you how to break negative patterns, get more rest and improve your well-being. Dr. Jessamy Hibberd and Jo Usmar draw on the very latest developments in cognitive behavioral therapy (CBT), to guide you through proven techniques to help you get your sleep patterns back on track. You will feel rested, happier, and immediately reap the benefits in your everyday life. Understand sleep Banish bad habits Tips for winding down Sleep-inducing strategies Control your sleeping environment Common myths busted

Dont take your childrens character lying down. While They Are Sleeping leads you as you lift your kids to God around 12 vital character traits:

Presents a collection of short stories, including "While the women are sleeping," in which a man lying on the beach speculates on the lives of another pair of beach goers, and "The Resignation Letter of Señor de Santiesteban," in which a ghost jeopardizes

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the job of a new teacher.

Serial meets Ruth Ware's *In A Dark, Dark Wood* in this inventive and twisty psychological thriller about a mega-hit podcast that reopens a murder case—and threatens to unravel the carefully constructed life of the victim's daughter. The only thing more dangerous than a lie...is the truth. Josie Buhrman has spent the last ten years trying to escape her family's reputation and with good reason. After her father's murder thirteen years prior, her mother ran away to join a cult and her twin sister Lanie, once Josie's closest friend and confidant, betrayed her in an unimaginable way. Now, Josie has finally put down roots in New York, settling into domestic life with her partner Caleb, and that's where she intends to stay. The only problem is that she has lied to Caleb about every detail of her past—starting with her last name. When investigative reporter Poppy Parnell sets off a media firestorm with a mega-hit podcast that reopens the long-closed case of Josie's father's murder, Josie's world begins to unravel. Meanwhile, the unexpected death of Josie's long-absent mother forces her to return to her Midwestern hometown where she must confront the demons from her past—and the lies on which she has staked her future.

New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to

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reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

Love and marriage brought American anthropologist Elizabeth Enslin to a world she never planned to make her own: a life among Brahman in-laws in a remote village in the plains of Nepal. As she faced the challenges of married life, birth, and childrearing in a foreign culture, she discovered as much about human resilience, and the capacity for courage, as she did about herself. *While the Gods Were Sleeping: A Journey Through Love and Rebellion in Nepal* tells a compelling story of a woman transformed in intimate and unexpected ways. Set against the backdrop of increasing political turmoil in Nepal, Enslin's story takes us deep into the lives of local women as they claim their rightful place in society—and make their voices heard.

A mother tells her daughter about how, while she was sleeping, different animals around the world have been awake and playing, hiding, hunting.'

'It's hard work being a bedside toy. Every night there's so much to do. New arrivals have to learn fast if they want to be part of the crew.' - Cover.

Funny 6x9 Lined 120 pages Notebook/Journal, Gag Gifts for friends

A treasury of fun facts about many of the interesting things that happen in the nighttime world organizes entries under such categories as animals, the human body and pop culture. Original. After the French and Indian War (1763), the King of England disallowed an act made by the Colony of Virginia's assembly. In a lawsuit, a young lawyer by the name of Patrick Henry declared that the king was a tyrant and that by the act of disallowance, the king forfeited his

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right to have the colonists remain obedient to him. If the beginning steps that led to the formation of our nation started from such actions, which by comparison to our situation today, was much less grievous, how much more justified would citizens be in taking similar actions in our present situation? Patrick Henry's statement called for disallowing the legitimacy of the king to govern over them. What legitimacy, therefore, should we consider our government today to have that allows the formation of laws, which disallows natural law? Laws that take from citizens their private property, permit abortion and accept unnatural lifestyles. Laws against natural law are laws without legitimacy. We must ask the question, has the present system of electing and governing betrayed the Declaration of Independence and the Constitution? If it has, then are we not being led to the same conclusion as Patrick Henry????????????that the ruling government over us has made itself illegitimate? Has the present form of government hijacked our legitimate Declaration and Constitutional, Republic form of government? If we answer yes, then how will we respond? Will we follow the witness of our Forefathers who recognized that the king had forfeited the right to govern and therefore, forfeited the right to have the people remain obedient to him? Has the present form of government, which is acting against our republic and the will of the people it is suppose to represent, forfeited the right to govern? At what point do the words declared in the Declaration, "It is their right, it is their duty to throw off such government and provide new guards for their future security" play in against the present form of government? The present form of governing is not fulfilling the dreams our Forefathers had. We are called to fulfill those dreams. The time is ripe. The time is now. While you are sleeping, does the rest of the world sleep, too? Not everyone. In this dreamy book, which won the 2015 Silent Book Contest at the prestigious Bologna Children's Book Fair,

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Mariana Ruiz Johnson conjures up the ordinary yet extraordinary world outside the window of a sleeping child. Some people are working. Some people are eating. Some are walking their dogs, others are watching the stars. And some are setting off on an adventure that might inspire an artist to create a book. As magical as the night sky, readers will return to Mariana Ruiz Johnson's illustrations again and again, finding new stories each time they visit. Plus, this is the fixed format version, which looks almost identical to the print edition.

Special edition slipcase edition of John Green's Paper Towns, with pop-up paper town. From the bestselling author of *The Fault in our Stars*. Quentin Jacobsen has always loved Margo Roth Spiegelman, for Margo (and her adventures) are the stuff of legend at their high school. So when she one day climbs through his window and summons him on an all-night road trip of revenge he cannot help but follow. But the next day Margo doesn't come to school and a week later she is still missing. Q soon learns that there are clues in her disappearance . . . and they are for him. But as he gets deeper into the mystery - culminating in another awesome road trip across America - he becomes less sure of who and what he is looking for. Masterfully written by John Green, this is a thoughtful, insightful and hilarious coming-of-age story.

As seen in *Time*, *USA TODAY*, *The Atlantic*, *The Wall Street Journal*, and on CBS *This Morning*, *BBC*, *PBS*, *CNN*, and *NPR*, *iGen* is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, *iGen* is the first generation to spend their entire adolescence in the age of the smartphone. With social

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media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

You never know who's living in your house. I see you. You're casually naming your family members, mentally ticking them off one by one. I want to stop you right there. I want to ask...who's the person living in your house that you don't know about? I hear you scoff. See you shake your head. But think about it. Really think about it. What lies behind the giant grate in the wall of your kitchen? When was the last time you were in the attic? And how many of your waking hours are spent at home? Unbeknownst to Julia Rodriguez, there is an unwelcome guest living in the house that she has recently moved into. Her new position as an assistant curator for a community youth foundation has brought her face-to-face with a group of girls rescued from a New York sex ring. Under a watchful eye, she struggles to face the

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horrors of her past and chart a new path forward. As she helps these girls move on with their lives, she just might find the courage to help herself. In Ohio, a dwindling task force tracks a serial killer. John Sagan, a decorated agent with the Ohio Bureau of Investigation, has lost his family and just about his career, trying to make headway on a case that only moves when there is another murder. The killer is obsessed with skin and Polaroid pictures, leaving his victims scarred with intricate carvings of fairytale themes.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job

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market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

The inspiring classic that *The New Yorker* called "an exciting tale [with] top-notch writing," about one girl facing harsh conditions and huge responsibility as she brings her family to the American colonies. Featuring a heroine with faith, courage, and a great deal of grit, this acclaimed historical fiction novel portrays the realities faced by three children hoping to find a new home in an unknown land. Amanda Freebold doesn't know what to do. Her father left three years ago for the new colony of Jamestown in America, thousands of miles away. But now

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that her mother has died, Amanda is left to take care of her younger brother and sister all alone back in England. As the new head of the family, Amanda finally decides to take her brother and sister to America to find Father. The ocean crossing is long and hard, and the children don't know whom to trust. But with her father's little brass lion's head to guard them, Amanda knows that somehow everything will work out.

Sometimes the man of your dreams . . . Shop girl Poppy Fairchurch knows it's pointless fantasizing about the Duke of Autenberry. Still, dreams can't hurt anyone . . . unlike the carriage Poppy spies bearing down upon the unsuspecting duke. After she pulls him to safety, the duke lapses into a coma and Poppy is mistaken for his fiancée. But one person isn't fooled: his arrogant and much too handsome half-brother, Struan Mackenzie. Soon Poppy isn't sure what she wants more . . . the fantasy of her duke or the reality of one smoldering Scot who challenges her at every turn. . . . is not who you think. An illegitimate second son, Struan may have built an empire and established himself as one of the wealthiest men in Britain, but he knows he will always be an outsider among the ton. Just like he knows the infuriating Poppy is a liar. There's no way the haughty Duke of Autenberry would deign to wed a working class girl. It doesn't matter how charming she is. Or tempting. Or how much Struan wants her for himself.

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There is a growing concern in relation to the problem of insufficient sleep, particularly in the United States. In the early 1990s a Congressionally mandated commission noted that insufficient sleep is a major contributor to catastrophic events, such as Chernobyl and the Exxon Valdez, as well as personal tragedies, such as automobile accidents. Adolescents appear to be among the most sleep-deprived populations in our society, though they are rarely included in sleep assessments. This book explores the genesis and development of sleep patterns in adolescents. It examines biological and cultural factors that influence sleep patterns, presents risks associated with lack of sleep, and reveals the effects of environmental factors such as work and school schedules on sleep. Adolescent Sleep Patterns will appeal to psychologists and sociologists of adolescence who have not yet considered the important role of sleep in the lives of our youth.

'Dani Atkins is the undisputed queen of fiction that packs a huge emotional punch' heat 'Have your tissues at the ready for this tear jerker of a read' Closer 'Brings heart-wrenching surprises' Woman & Home 'I simply adored this heart-breaking, brilliant read' Sun A brand new and brilliant emotional family drama for fans of Jojo Moyes and Dorothy Koomson, from the bestselling author of Fractured. What if someone else was living your happy ever after? When Maddie wakes up in a hospital bed, she can't remember anything about what happened

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to her or what has changed. She just remembers she was about to be married and had everything to look forward to. But it seems life has become a lot more complicated while she has been asleep ... 'This book is filled with the utmost compassion and it has stayed with me long after the final page ... An absolute triumph of storytelling' Penny Parkes 'A touching story about love, loss, survival and an unconventional friendship. Dani writes with heart and soul. Prepare to be moved' Alice Peterson 'A story of hope and love, this brilliant family drama shows that none of us knows what the future holds' Prima 'A warm and memorable novel, with a dilemma at its core, and will appeal to readers of Jodi Picoult and Nicholas Sparks. Atkins deserves more recognition for her commercial fiction. Thoroughly enjoyable' Independent on Sunday 'Tear-jerker' Bella Further praise for Dani Atkins' novels: 'A heart-warming story of love and loss that will stay with you long after the last page' My Weekly 'A beautiful romance with a twist' Woman 'If you like Jodi Picoult then you'll love This Love' Lovereading 'Such a beautiful book' Brewandbooksreview 'A true celebration of life, family and relationships' culturefly 'What a stunningly beautiful love story, I'm bereft that it's over' RatherTooFondofBooks 'Heartbreakingly beautiful. A must-read' blogsbybooksby 'Flawless' reabookreview 'I wholeheartedly recommend this to anyone' rachelsrandomreads 'Poignant and

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heartfelt'vivavoce 'A heartbreaker of a book' handwrittengirl 'Heartbreakingly brilliant' Daily Mail 'Truly magnificent storytelling' Veronica Henry 'Fans of Me Before You will love this' Patricia Scanlan 'For those of you who have ever wondered about your first love or thought about the one that got away, this story will speak to your heart. I read it in one sitting – and it's heartbreakingly brilliant' The Sun 'This is easily one of the best books I have ever read, and I don't say that often!' thelunamayblog 'A gripping and emotional family drama ... With breath-taking plot twists, Dani explores themes of serendipity, friendship and love' Fabulousbookfiend

Every minute on Earth: 10 000 pieces of skin will be lost from your body, 21 000 pizzas will be baked, 954 camera phones will be sold worldwide, the International Space Station will travel 465 kilometres in its orbit around the Earth, there will be 6000 lightning strikes, and 1000 kilograms of popcorn will be eaten. The content for EVERY MINUTE ON EARTH is organised into eight chapters: Earth, Space, The Human Body, Technology, Animals, Food, Sports, and Pop Culture. Each page contains an illustrated fact.

This new edition of Friedman's landmark book explains the flattening of the world better than ever- and takes a new measure of the effects of this change on each of us.

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While You Were Sleeping Fun Facts That Happen Every Night Scholastic Reference

This book is a retrospective about *While you were sleeping*, a graffiti art and indie culture magazine.

It is a few days before Christmas. For forty-six years Sterling has been awaiting his summons into Heaven. Will he be deemed fit for entrance into heaven this year? At last the day comes and the Heavenly Council settles on a test for Sterling - he will be sent back to earth and given an opportunity to prove his worthiness by helping someone else. Sterling Brooks finds himself in Manhattan, at the skating rink in Rockefeller Center. Among the skaters is a heartbroken seven-year-old named Marissa. Her sadness comes from her separation from the father she adores, a talented singer, and her sparkling grandmother, owner of a popular restaurant. Both have been forced into the Witness Protection Program because two mobsters, the Badgett brothers, have put a price on their heads to prevent their testifying against them in an arson case. As Sterling soon realizes, it is Marissa he has been sent to help. Sterling, who is able to move back and forth in time and place, masterminds a plan to eliminate the threat from the Badgett brothers and reunite Marissa with her loved ones. Filled with suspense and humour, **HE SEES YOU WHEN YOU'RE SLEEPING** is a delightful and

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warmhearted tale of perseverance, redemption, and love.

A modern-day ghost story set on a remote Scottish island, *While You Sleep* is a page-turning, chillingly erotic Hitchcockian thriller evoking the dark atmospheric of a house that may be more than it seems . . . It begins, they say, with a woman screaming . . . On a remote Scottish island, the McBride house stands guard over its secrets. A century ago, a young widow and her son died mysteriously there; just last year a local boy, visiting for a dare, disappeared without a trace. For Zoe Adams, newly arrived from America, the house offers a refuge from her failing marriage. But her peaceful retreat is disrupted by strange and disturbing events: nighttime intrusions; unknown voices; a constant sense of being watched. The locals want her to believe that these incidents are echoes of the McBrides' dark past. Zoe is convinced the danger is closer at hand, and all too real—but can she uncover the truth before she is silenced?

Alterations in sleep are common manifestations of aging that can lead to significant health problems and contribute to behavioural problems associated with age-related neurodegenerative disorders such as Alzheimer's and Parkinson's diseases. Recent advances have revealed key cellular and molecular mechanisms involved in sleep regulation, and this knowledge is helping to advance an understanding of both the normal functions of sleep and the

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mechanisms responsible for abnormalities in sleep in various neurological conditions and during normal aging. This volume of *Advances in Cell Aging and Gerontology* brings together chapters by leaders in the fields of sleep research and the neurobiology of aging. The book starts with chapters describing fundamental aspects of the neurocircuitry involved in sleep, patterns of brain activity during the different stages of sleep and disturbances of sleep during aging. The links between depression, anxiety and insomnia are reviewed in regards to the underlying neurochemical alterations that appear to involve abnormalities in neurotransmitter and neurotrophic factor signalling. The evolutionary basis of sleep is reviewed and the emerging evidence supporting a major role for sleep in learning and memory is described. The bulk of the book focuses on specific sleep disorders associated with aging and age-related neurodegenerative disorders. A comprehensive consideration of this topic is woven through a number of chapters that address both basic research and clinical aspects of sleep abnormalities during aging and in disease. The impact of sleep on the immune system is described. The articles are written in a high level of detail and are comprehensive, thus providing valuable information for a range of scientists and other well-educated people. In particular, the book will be a valuable resource for graduate students, postdoctoral and senior scientists in the

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fields of sleep, aging, neurodegenerative disorders and learning and memory. In addition, clinicians will find this book valuable as it provides a bridge between basic research and the treatment of the patients with sleep disorders. \* Covers the fields of sleep in aging and age-related disease from neurochemistry to the clinic \* Includes detailed summary diagrams that depict key concepts \* Provides views of the future of research on sleep and aging, and the potential for prevention and treatment of various sleep disorders

Public health has made our lives safer—but it often works behind the scenes, without our knowledge, that is, "while we are sleeping." This book powerfully illuminates how public health works with more than sixty success stories drawn from the area of injury and violence prevention. It also profiles dozens of individuals who have made important contributions to safety and health in a range of social arenas. Highlighting examples from the United States as well as from other countries, *While We Were Sleeping* will inform a wide audience of readers about what public health actually does and at the same time inspire a new generation to make the world a safer place.

When a disturbing video of her late ex-best friend surfaces, making it look like she was murdered, Haley digs into what really happened and must solve this supernatural mystery before history has a chance to repeat itself.

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Mick Jackson is an award-winning novelist and screenwriter from Lancashire, UK. His first novel, *The Underground Man*, was shortlisted for the Booker Prize. He has recently started writing for children.

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