
Download Ebook The Secret World Of Sleep How Nighttime Brain Creates Consciousness Penelope A Lewis

Right here, we have countless book **The Secret World Of Sleep How Nighttime Brain Creates Consciousness Penelope A Lewis** and collections to check out. We additionally present variant types and along with type of the books to browse. The standard book, fiction, history, novel, scientific research, as skillfully as various extra sorts of books are readily handy here.

As this The Secret World Of Sleep How Nighttime Brain Creates Consciousness Penelope A Lewis, it ends taking place bodily one of the favored book The Secret World Of Sleep How Nighttime Brain Creates Consciousness Penelope A Lewis collections that we have. This is why you remain in the best website to see the incredible book to have.

KEY=A - FARMER HESTER

The Secret World of Sleep

The Surprising Science of the Mind at Rest

St. Martin's Press **In recent years neuroscientists have uncovered the countless ways our brain trips us up in day-to-day life, from its propensity toward irrational thought to how our intuitions deceive us. The latest research on sleep, however, points in the opposite direction. Where old wives tales have long advised to "sleep on a problem," today scientists are discovering the truth behind these folk sayings, and how the busy brain radically improves our minds through sleep and dreams. In The Secret World of Sleep, neuroscientist Penny Lewis explores the latest research into the nighttime brain to understand the real benefits of sleep. She shows how, while our body rests, the brain**

practices tasks it learned during the day, replays traumatic events to mollify them, and forges connections between distant concepts. By understanding the roles that the nocturnal brain plays in our waking life, we can improve the relationship between the two, and even boost creativity and become smarter. This is a fascinating exploration of one of the most surprising corners of neuroscience that shows how science may be able to harness the power of sleep to improve learning, health, and more.

The Nocturnal Brain

Nightmares, Neuroscience, and the Secret World of Sleep

St. Martin's Press **A renowned neurologist shares the true stories of people unable to get a good night's rest in *The Nocturnal Brain: Nightmares, Neuroscience, and the Secret World of Sleep*, a fascinating exploration of the symptoms and syndromes behind sleep disorders. For Dr. Guy Leschziner's patients, there is no rest for the weary in mind and body. Insomnia, narcolepsy, night terrors, apnea, and sleepwalking are just a sampling of conditions afflicting sufferers who cannot sleep—and their experiences in trying are the stuff of nightmares. Demonic hallucinations frighten people into paralysis. Restless legs rock both the sleepless and their sleeping partners with unpredictable and uncontrollable kicking. Out-of-sync circadian rhythms confuse the natural body clock's days and nights. Then there are the extreme cases. A woman in a state of deep sleep who gets dressed, unlocks her car, and drives for several miles before returning to bed. The man who has spent decades cleaning out kitchens while "sleep-eating." The teenager prone to the serious, yet unfortunately nicknamed Sleeping Beauty Syndrome stuck in a cycle of excessive unconsciousness, binge eating, and uncharacteristic displays of aggression and hypersexuality while awake. With compassionate stories of his patients and their conditions, Dr. Leschziner illustrates the neuroscience behind our sleeping minds, revealing the many biological and psychological factors necessary in getting the rest that will not only maintain our physical and mental health, but improve our cognitive abilities and overall happiness.**

The Secret World of Sleep

The Search for Salvation During the Night

'With my job on Today, I have become obsessed with sleep. The Secret World of Sleep interweaves bizarre real life stories with cutting edge neurological science in the true tradition of Oliver Sacks. A fascinating read.' Martha Kearney, BBC Radio 4 **'Casebooks of neurological disorders are often strange and wonderful, but this one is special.'** Sunday Times **'The Secret World of Sleep will not promise to cure your insomnia, but it does make for an entertaining and thought-provoking bedtime read.'** The Guardian **For Guy Leschziner's patients, there is no rest for the weary in mind and body. Insomnia, narcolepsy, night terrors, apnoea and sleepwalking are just a sample of the conditions afflicting sufferers who cannot sleep - and their experiences in trying to are the stuff of nightmares. Demonic hallucinations frighten people into paralysis. Restless legs rock both the sleepless and their sleeping partners with unpredictable and uncontrollable kicking. Out-of-sync circadian rhythms confuse the natural body clock's days and nights. Then there are the extreme cases. A woman in a state of deep sleep who gets dressed, unlocks her car and drives for several miles before returning to bed. The man who has spent decades cleaning out kitchens while 'sleep-eating'. The teenager prone to the serious, yet unfortunately nicknamed, Sleeping Beauty Syndrome, stuck in a cycle of excessive unconsciousness, binge-eating and uncharacteristic displays of aggression and hypersexuality while awake. With compassionate stories of his patients and their conditions, Leschziner illustrates the neuroscience behind our sleeping minds, revealing the many biological and psychological factors necessary in getting the rest that will not only maintain our physical and mental health, but also improve our cognitive abilities and overall happiness.**

The Nocturnal Brain

Nightmares, Neuroscience, and the Secret World of Sleep

St. Martin's Press **A renowned neurologist shares the true stories of people unable to get a good night's rest in *The Nocturnal Brain: Nightmares, Neuroscience, and the Secret World of Sleep*, a fascinating exploration of the symptoms and syndromes behind sleep disorders. For Dr. Guy Leschziner's patients, there is no rest for the weary in mind and body. Insomnia, narcolepsy, night terrors, apnea, and sleepwalking are just a sampling of conditions afflicting sufferers who cannot sleep—and their experiences in trying are the stuff of nightmares. Demonic hallucinations frighten people into paralysis. Restless legs rock both the sleepless and their sleeping partners with unpredictable and uncontrollable kicking. Out-of-sync circadian rhythms confuse the natural body clock's days and nights. Then there are the extreme cases. A woman in a state of deep sleep who gets dressed, unlocks her car, and drives for several miles before returning to bed. The man who has spent decades cleaning out kitchens while "sleep-eating." The teenager prone to the serious, yet unfortunately nicknamed Sleeping Beauty Syndrome stuck in a cycle of excessive unconsciousness, binge eating, and uncharacteristic displays of aggression and hypersexuality while awake. With compassionate stories of his patients and their conditions, Dr. Leschziner illustrates the neuroscience behind our sleeping minds, revealing the many biological and psychological factors necessary in getting the rest that will not only maintain our physical and mental health, but improve our cognitive abilities and overall happiness.**

The Secret Life of Sleep

Simon and Schuster **Unlock the astonishing facts, myths, and benefits of one of the most endangered human resources—sleep. It has become increasingly clear that our sleep shapes who we are as much as, if not more than, we shape it. While most sleep research hasn't ventured far beyond research labs and treatment clinics, *The Secret Life of Sleep* taps into the enormous reservoir of human experiences to illuminate the complexities of a world where sleep has become a dwindling resource. With a sense of infectious curiosity, award winning author Kat Duff mixes cutting-edge research with insightful narratives, surprising insights, and timely questions to help us better understand what we're losing before it's too late. *The Secret Life of Sleep* tackles the full breadth of what sleep means to people the world**

over. Embark on an exploration of what lies behind and beyond our eyelids when we surrender to the secret life of sleep.

The Secret World of Sleep

The Surprising Science of the Mind at Rest

Macmillan Explains the lesser-known role of sleep in processing the waking life and making sense of difficult emotions and experiences.

At Day's Close: Night in Times Past

W. W. Norton & Company "Remarkable...Ekirch has emptied night's pockets, and laid the contents out before us." —Arthur Krystal, *The New Yorker* Bringing light to the shadows of history through a "rich weave of citation and archival evidence" (*Publishers Weekly*), scholar A. Roger Ekirch illuminates the aspects of life most often overlooked by other historians—those that unfold at night. In this "triumph of social history" (*Mail on Sunday*), Ekirch's "enthraling anthropology" (*Harper's*) exposes the nightlife that spawned a distinct culture and a refuge from daily life. Fear of crime, of fire, and of the supernatural; the importance of moonlight; the increased incidence of sickness and death at night; evening gatherings to spin wool and stories; masqued balls; inns, taverns, and brothels; the strategies of thieves, assassins, and conspirators; the protective uses of incantations, meditations, and prayers; the nature of our predecessors' sleep and dreams—Ekirch reveals all these and more in his "monumental study" (*The Nation*) of sociocultural history, "maintaining throughout an infectious sense of wonder" (*Booklist*).

Why We Sleep

Unlocking the Power of Sleep and Dreams

Simon and Schuster "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.

Night

Night Life, Night Language, Sleep and Dreams

W. W. Norton & Company Gathering evidence from such diverse sources as a sleep laboratory and a night on a mountain, an exploration of the fragile borderline between night and day provides understanding of the language of dreams and how dreams affect our waking selves.

Sleepyhead

The Neuroscience of a Good Night's Rest

Basic Books A narcoleptic's tireless journey through the neuroscience of disordered sleep Whether it's a bout of bad jet lag or a stress-induced all-nighter, we've all suffered from nights that left us feeling less than well-rested. But for some people, getting a bad night's sleep isn't just an inconvenience: it's a nightmare. In Sleepyhead, science writer Henry Nicholls uses his own experience with chronic narcolepsy as a gateway to better understanding the cryptic, curious, and relatively uncharted world of sleep disorders. We meet insomniacs who can't get any sleep, narcoleptics who can't control when they sleep, and sleep apnea victims who nearly suffocate in their sleep. We learn the underlying difference between morning larks and night owls; why our sleeping habits shift as we grow older; and the evolutionary significance of REM sleep and dreaming. Charming, eye-opening, and deeply humanizing, Sleepyhead will help us all

uncover the secrets of a good night's sleep.

Dreaming on Both Sides of the Brain

Discover the Secret Language of the Night

Hampton Roads Publishing **A dream is not just white noise or something that happens to you while you sleep. Dreams are the secret language of your unconscious. This book will teach you how to: Unlock the secrets of your personal dream language Explore and interpret the meaning of your dreams Harness the power of the brain to uncover a life of greater richness and meaning So often when we awake we find that our dreams have either evaporated like mist or seem to be just on the edge of our memory. Many people cannot recall their dreams at all. Cohen has developed a 7-step process to let you tap into the rich repository of your subconscious: Recall and record. Title your dream. Read or repeat aloud. Consider what is uppermost in your life right now. Describe your dream's objects and qualities as if you were talking to a Martian. Summarize the message from the unconscious. Consider the dream's guidance for waking life. Drawing on years of clinical experience and her familiarity with Freud, myth, and sacred writings, Cohen presents a program that results in a life of abundance, texture, and self-awareness.**

The Nocturnal Brain

Tales of Nightmares and Neuroscience

Simon and Schuster **'With my job on Today, I have become obsessed with sleep. The Nocturnal Brain interweaves bizarre real life stories with cutting edge neurological science in the true tradition of Oliver Sacks. A fascinating read.'** Martha Kearney, BBC Radio 4 **'Casebooks of neurological disorders are often strange and wonderful, but this one is special.'** Sunday Times **'The Nocturnal Brain will not promise to cure your insomnia, but it does make for an entertaining and thought-provoking bedtime read.'** The Guardian **For Guy Leschziner's patients, there is no rest for the weary in mind and body. Insomnia, narcolepsy, night terrors, apnoea and sleepwalking are just a sample of the conditions afflicting sufferers who cannot sleep - and their experiences in trying to are the stuff of nightmares. Demonic hallucinations**

frighten people into paralysis. Restless legs rock both the sleepless and their sleeping partners with unpredictable and uncontrollable kicking. Out-of-sync circadian rhythms confuse the natural body clock's days and nights. Then there are the extreme cases. A woman in a state of deep sleep who gets dressed, unlocks her car and drives for several miles before returning to bed. The man who has spent decades cleaning out kitchens while 'sleep-eating'. The teenager prone to the serious, yet unfortunately nicknamed, Sleeping Beauty Syndrome, stuck in a cycle of excessive unconsciousness, binge eating and uncharacteristic displays of aggression and hypersexuality while awake. With compassionate stories of his patients and their conditions, Leschziner illustrates the neuroscience behind our sleeping minds, revealing the many biological and psychological factors necessary in getting the rest that will not only maintain our physical and mental health, but also improve our cognitive abilities and overall happiness.

Your guide to healthy sleep

DIANE Publishing

The Book Thief

Knopf Books for Young Readers #1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist-books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of I Am the Messenger, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —The New York Times "Deserves a place on the same shelf with The Diary of a Young Girl by Anne Frank." —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

The Oracle of Night

The History and Science of Dreams

Pantheon A groundbreaking history of the human mind told through our experience of dreams—from the earliest accounts to current scientific findings—and their essential role in the formation of who we are and the world we have made. What is a dream? Why do we dream? How do our bodies and minds use them? These questions are the starting point for this unprecedented study of the role and significance of this phenomenon. An investigation on a grand scale, it encompasses literature, anthropology, religion, and science, articulating the essential place dreams occupy in human culture and how they functioned as the catalyst that compelled us to transform our earthly habitat into a human world. From the earliest cave paintings—where Sidarta Ribeiro locates a key to humankind’s first dreams and how they contributed to our capacity to perceive past and future and our ability to conceive of the existence of souls and spirits—to today’s cutting-edge scientific research, Ribeiro arrives at revolutionary conclusions about the role of dreams in human existence and evolution. He explores the advances that contemporary neuroscience, biochemistry, and psychology have made into the connections between sleep, dreams, and learning. He explains what dreams have taught us about the neural basis of memory and the transformation of memory in recall. And he makes clear that the earliest insight into dreams as oracular has been elucidated by contemporary research. Accessible, authoritative, and fascinating, The Oracle of Night gives us a wholly new way to understand this most basic of human experiences.

Aquarian

MM Books Killian knows all about vampires and aliens. They’re not real. But when a handsome swimmer climbs into her storm-tossed boat an hour from her summer destination, the worlds of fantasy and reality suddenly collide... Cuttylea Island has no mall, no social scene, and no action. But it does have a mysterious stone tower, ageless islanders, and a secret as astonishing as a mermaid’s tale... Before the summer is through, Killian will find the truth of her family’s past...and the role she is destined to play in a centuries-old curse.

Anne Frank's Tales from the Secret Annex

A Collection of Her Short Stories, Fables, and Lesser-Known Writings, Revised Edition

Bantam Hiding from the Nazis in the "Secret Annexe" of an old office building in Amsterdam, a thirteen-year-old girl named Anne Frank became a writer. The now famous diary of her private life and thoughts reveals only part of Anne's story, however. This book completes the portrait of this remarkable and talented young author. **Tales from the Secret Annex** is a complete collection of Anne Frank's lesser-known writings: short stories, fables, personal reminiscences, and an unfinished novel. Here, too, are portions of the diary originally withheld from publication by her father. By turns fantastical, rebellious, touching, funny, and heartbreaking, these writings reveal the astonishing range of Anne Frank's wisdom and imagination--as well as her indomitable love of life. **Anne Frank's Tales from the Secret Annex** is a testament to this determined young woman's extraordinary genius and to the persistent strength of the creative spirit.

The Dream Book

Dream Spells, Nighttime Potions and Rituals, and Other Magical Sleep Formulas

Little, Brown From the author of the popular **Fortune-Telling Book** comes a beautifully illustrated primer that opens the secret world of dreams and imparts her magic to dreamers everywhere. Full color.

Eat Less, Sleep More, and Slow Down

The Science Behind Healthy Living!

Max Opposite

Empire of Thieves

[Createspace Independent Pub](#) **Max Opposite** What do you do when you can't control what you do, When your brain behaves in mysterious ways, When you're only 13, And discover your life is a lie? What do you do, When your search for the truth, Plunges you into a nightmare? "Max has it all: action, adventure, international settings, a touch of romance and a sci-fi tilt. Great read for all ages." - A. H. (Auckland, New Zealand) "Rachel, do you dream?" "Of course I do. Everyone does." "Do you always have the same dream?" "Ah, no, that'd be pretty weird." "I thought so." "So what's this about, Max?" "I have the same dream every single night. Always have, for as long as I can remember." "That's definitely not normal. Even recurring dreams don't stay forever." "Fast moving with a clever plot. Max kept me completely involved. Thoroughly enjoyable...waiting for the next episode." - J. G. (Sydney, Australia) "Max makes Harry Potter look wimpy! Great characters and an absolutely fantastic story." - P. L. (South Carolina, U.S.A.) **Max Opposite** Every morning, thirteen year old Max wakes from the same dream, scans his bedroom and waits for his memories to return. Every morning, when they do, he takes a deep breath and prepares for another day of humiliating events: Nicknamed 'Opposite' at school, Max is known for bizarre and inexplicable behaviour. Tired of being the fool, Max begins to question his purpose in life. What is wrong with him? Why does his mother keep secrets from him? Where does she secretly go at night? With the help of Rachel, his only friend, Max sets out to find the answers, and is quickly drawn into a world of danger far beyond any of the problems faced at school. Soon he and Rachel find themselves at odds with one of the most ruthless and wealthy criminal masterminds the world has ever known. In an international battle for survival, Max is forced to face the truth about himself, and soon realises that it's not easy being thirteen and discovering that your whole life has been a lie. It's not easy being Max Opposite.

When Brains Dream

Exploring the Science and Mystery of Sleep

W. W. Norton A comprehensive, eye-opening exploration of what dreams are, where they come from, what they mean, and why we have them.

Health (4th Edition)

139 POWERFUL and Scientifically PROVEN Health Tips to Boost Your Health, Shed Pounds and Live Longer!

Get Your Hands On 139 Health Tips Scientifically PROVEN to WORK (41 Of Them Are GUARANTEED to Surprise You!) From the best selling author, Linda Westwood, comes Health (4th Edition): 139 POWERFUL & Scientifically PROVEN Health Tips to Boost Your Health, Shed Pounds & Live Longer! This book will help you start changing your life and your health forever! If you are trying to lose weight, but can't see any results... If you're constantly feeling tired, lazy, or lethargic throughout the day... Or do you want to feel and look more healthy than you have in years... THIS BOOK IS FOR YOU! This book provides you with a HUGE 139 health tips that have been specially collected to powerfully work on your body in days, NOT weeks or months! (41 of them are also scientifically proven and guaranteed to surprise you!) It comes with tons of information, explanations of why the tips are recommended, and all the actionable steps that you need to implement the tips IMMEDIATELY into your life! If you successfully implement JUST A FEW of these health tips, you will... - Start losing weight without working out as hard - Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat - Say goodbye to inches off your waist and other hard-to-lose areas - Learn how you can live a healthier lifestyle without trying - Transform your body and mind in less than 3 weeks - Get excited about eating healthy and working out - EVERY TIME!

A Secret Journey

The Courageous Story of Art Hilmo

Art Hilmo was a teenage boy in Norway when the Nazis invaded and began to take the Jewish families to concentration camps. Knowing their lives were at stake, Art's family decided they would risk everything to help these poor Jewish people.

The Seeds of New Earth (the Silent Earth, Book 2)

CreateSpace The Earth is in ruins. Cities and nations destroyed. Mankind is extinct. Brant and Arsha are synthetics, machines made in the image of people. They dream of bringing humans back into the world and have the technology to succeed, but the obstacles in their way are mounting. Not only are their own conflicting ideals creating a rift between them, but now the sinister Marauders are closing in as they seek revenge on Brant. Out in the wasteland, strange lights and mysterious objects in the sky herald the arrival of new factions that seek to control the region. Even in the once quiet streets of their own city, malevolent forces are beginning to unfurl that threaten the sanctity of everything they hold dear, jeopardising the future that is within their grasp. The Silent Earth Series Book 1 - After the Winter: [amazon.com/dp/B00P02FBPM](https://www.amazon.com/dp/B00P02FBPM)

SUMMARY - The Nocturnal Brain: Nightmares, Neuroscience, And The Secret World Of Sleep By Dr. Guy Leschziner

Shortcut Edition * Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will learn how your brain activity can interfere with your night's

sleep. You will also learn : that a good night's sleep is vital to your overall health; that your brain is not always fully asleep at night; that sleep disorders can be neurological and psychological; that most of the population suffers from more or less mild sleep disorders; that there are rare and incurable cases of sleep-related diseases. For most human beings, sleep is a state that promotes rest, with only a few dreams remaining upon awakening. However, for people suffering from sleep disorders, sleeping becomes a real ordeal. Sleep doctors are there to find explanations as well as treatments, if possible. Behind all these nocturnal problems, the big culprit is your brain. It does not always deactivate itself as it should during your sleep phases. What happens in your brain when you sleep? *Buy now the summary of this book for the modest price of a cup of coffee!

The Secret History of Pythagoras

THE Translation of this venerable Piece of Antiquity is undertook upon a double Score; being designed as well to entertain the Curiosity of the Learned, as to supply the Defects of the Ignorant. If the original Language would have been more acceptable to the one, it would have been less intelligible to the other. I cannot, without uttering a Falsity, venture to affirm that so singular and valuable a Piece will be made Public, at least as yet: And in the mean Time I shall flatter myself, that this little Essay may contribute in some sort or other to the diversion, if not Instruction, of People in every Condition of Life. If this is well received, the other Parts will make their Appearance at proper Distances of Time. I publish no more at present, because I would not be thought to impose too much upon any one's Patience; as for losing my own Labour, I am under no bad Apprehensions about that; for the Reader cannot reject with a greater Disdain, than I have translated with Pleasure, the Contents of this Book.

The Secret Garden

A Flower Coloring Book

Activibooks You have found the key to the secret garden, now open the gates and marvel at the uniqueness of each plant and flower petal! Shower these flowers with colors and try to understand how individual lines and forms create unique patterns that deserve your focus and attention. So what are you waiting for? Secure a copy of this coloring

book today!

Daydreams and Night Visions

A Book of Prophetic Poems and Parables

[Createspace Independent Publishing Platform](#) **Through poetry and story, Daydreams and Night Visions moves us through Charles Henley's transformational journey from a boy hopelessly addicted to drugs, alcohol, and the strife that accompanies addiction, to a man full of hope, love, and joy. In this book of rhymes and wisdom, we get a glimpse of an emotional state of mind we might not otherwise understand. We get a first-hand view of the conversion from and remorse for a life of sin to the daydreams and night visions that Henley experienced during and after his conversion. These visions made him acutely aware of the struggle between good and evil as demonic forces battled for the possession of his soul. This awareness helped him not only prepare for the battle but claim victory over it. This poetic look at a life of a sinner once saved is a look at faith and hope at the end of the road of despair. It's not only written for those who suffer from similar addictions, it's also written to give hope and advice to friends and relatives who feel helpless as they watch their loved ones losing the battle for their souls—if only for a season.**

Every Mile Matters

[Createspace Independent Publishing Platform](#) **What does every mile mean to you? When you hit the trails, the road, the track or the treadmill, what does each mile mean? A group of runners and walkers from around the world share their stories as they let us know what every mile matters means to them. Get ready to be inspired.**

The Long Sleep

[Createspace Independent Publishing Platform](#) **It was meant to be a great day. Several centuries into the future, the world has finally come together under a single government, the Executive Committee. They provide for the rest of humanity, most of whom live in huge arcologies - enormous tower block cities. The New Argo, has been sent to colonise a distant planet - code-named Gamma Six. The day it got there should have been a great one for humanity. Instead, upon**

reaching the planet, the New Argo blows up. But why don't the members of the Executive Committee want to investigate? And what really happened to the New Argo? These are the questions that Lize Carr, youngest member of the Committee, wants answered. When she employs private detective Kem Logan to investigate she unwittingly starts a chain of events that will mean danger for a great many people, including Kem and herself.

We Sleep Around

(Homeless by Choice Pictorial)

CreateSpace After years of dreaming and planning, we sold our San Diego County home in 2002. We have been traveling for thirteen years, and have slept in more than 800 beds in 45 states and several foreign countries. Early in our travels, we discovered house and pet sitting. When people travel, we live in their homes, loving and caring for their pets and plants. "We Sleep Around" shares the story of our first five years of traveling. Leaving our home for the last time, we thought it might be a five year adventure. This book ends when Bill departs for Baghdad, Iraq for a contract assignment with the U.S. Government. Continuing our adventure we will be "Still Sleeping Around," and finally "Done Sleeping Around." Although not for everyone, house and pet sitting has greatly enhanced our opportunity to travel. We will continue until someday we grow up and say, "enough" and close the book on our final chapter of traveling.

Orb

Gary Tarulli Three months outbound from Earth and the starship Desio approaches its planetary destination, her crew eager to commence a mission of scientific discovery. Kyle Lorenzo, however, has a personal reason for being on board--an inner conflict that will ultimately propel him to explore not only of the furthest reaches of an enigmatic ocean world but the nebulous recesses of his inner psyche. During the long and isolating interstellar journey a physical relationship develops between Kyle and the ship's physician, Kelly Takara. That part is easy. Understanding the reasons for avoiding the emotional commitment desired by Kelly is harder. So, too, is trying to penetrate the mind of Larry Melhaus, the mission's brilliant and reclusive physicist - a failure to communicate made exponentially more troublesome when the scientist's disturbing behavior begins to threaten the crew. While Kyle struggles to comprehend

himself and Melhaus, the ship's crew, led by their strong-willed commander, Bruce Thompson, attempt to fathom a planet where none of the precepts of science seem to apply. A world where every preconceived notion of what constitutes life must be re-examined and challenged. Two journeys: One inward, one outward. Culminating at the same destination.

Griffin's Feather

WordFire Press **Marcus Barber is an immortal Roman Centurion working for the deities of the ancient world as a bounty hunter in modern-day San Antonio.**

Waking Up the Sleeping Giant

Createspace Independent Publishing Platform **Although the title of this book is 'Waking up the sleeping giant', it does not narrate a fairy tale about a beautiful princess who marries the most charming and rich prince, after succeeding to run away from a giant that himself wanted to marry the princess. This book is about the reality of the 'sleeping giant', and the consequence it brings to today's society. 'Waking up the sleeping giant' is a challenge to be taken up by many people. If this giant really wakes up, society will have a chance to experience a breath of fresh air that gives life a worthy cause and a meaningful reason to live. One might ask but who is this sleeping giant? What does this sleeping giant have to offer if upon waking, the world can be a better place to live in? This sleeping giant can refer to you, to a family member of yours or maybe to some of your friends. The sleeping giant can represent Christians who, although they do good things in their lives, being active in the church and in the community around them, are still not doing God's will in their lives. The sleeping giant can be those of us who in the moment of truth to proclaim the Good News, to be witnesses in society and go against the current, eventually will not stand up as Christians and defend their morals and values. The sleeping giant represents all those who proclaim that they are Christians, but through their lives hardly proclaim the Good News... they are 'lukewarm' in their faith. The aim of this book is to reach out to this sleeping giant and to gently provoke and inspire the giant to wake up. This book proposes to make this giant stand up and be a witness of God's love to society.**

The Night of the Witch

[Createspace Independent Publishing Platform](#) **When seventeen-year-old Lena Beckford hears the lock turn in her bedroom door she begins her nightly ritual to honor the moon. But instead of seeing the usual visions from her father, the flame, she's contacted by her grandmother pleading for Lena's help after she's been buried alive in the Strangers' Graveyard. As Lena begins her search she meets two witches, like herself, that promise to help her find her grandmother--a ridiculous old crone that seems to be leading her around in circles, and a handsome young man that she's immediately drawn to. But she can't quite seem to escape from either of them when she realizes they're armed with their own devilish motives, which blur the lines between friend and foe, sanity and insanity. Is it murder Lena must commit, or justice she must serve, to finally free her grandmother from the darkness of the grave?**

Sleeping with the Autistic Vampire

[CreateSpace](#) **Jennifer receives a surprising Facebook message one summer afternoon with an invitation for a coffee date from the star quarterback of the University of Alabama's football team. Stephen is a senior Heisman trophy candidate with a dark secret. Everyone is mystified by Stephen and his actions. He is a very confident person on the football field as a star player so you would expect him to be very outgoing and confident when interacting with other people. But it's quite the opposite. Stephen is very shy and timid around other people in real life. Stephen is more timid with girls than any guy Jennifer has ever met. He is one of the hottest guys on campus but no girl on campus has been able to figure him out. Over the summer Stephen and his girlfriend had a break up so now Stephen is interested in trying to move on and meet other girls. He sends Jennifer a Facebook message with an invitation for coffee where Stephen and Jennifer's exciting, entertaining, scary, and delightful adventure begins. Their first date ends with a first kiss and an invitation for a second date. At the end of the date Jennifer asks Stephen a deep question. "Why are you so mysterious and timid?" Stephen replies that he has a big secret that he cannot share just yet but tells her maybe one day she will find out. Stephen is more than just a star football player and a normal person. He has quite the surprise to share with Jennifer and her friends. Read along to find out just what that surprise is. Could it be possible that he is not a person? Could he be a vampire?**

Small Ball

[Createspace Independent Publishing Platform](#) **September 11th, 2001 was America's wake up call to terrorism. Unfortunately, we hit the snooze alarm. The next wave of terror attacks won't be nation shaking, cataclysmic events. We're ready for that. Instead, they'll be minor, localized nightmares. Mere pinpricks to our country, but catastrophic to the small towns that find themselves in the crosshairs. Worst of all, there's nothing we can do to stop it from happening - or is there? A gritty novel extrapolated from real world events, this fast-paced, riveting thriller will leave you alarmed, angry, and awestruck at America's unpreparedness for the next wave of terror attacks. Some might refer to it as death by a thousand cuts, but the counterterrorism community calls it Small Ball. Small Ball is an indictment of our woefully wrongheaded security infrastructure and a testament to the resilience, resourcefulness, and integrity of the average American. You'll wonder why it hasn't happened already. Perhaps it's happening right now...**

Spending the Night on the Pike

A Postcard History of Motels Along Us Highway 1 from Richmond to Petersburg 1920-1975

[Createspace Independent Pub](#) **"Staying here tonight. A beautiful motel as most of them are and there are so many." So wrote a traveler spending a night at a motel between Richmond and Petersburg, Virginia writing home on the motel's postcard in 1955. U.S. Highway 1, before the arrival of Interstate 95, was considered America's Main Street, the most heavily traveled highway on the east coast, running from the Canadian border in Maine to Key West, Florida. In 2010, Highway 1 was designated an Historic Highway. The stretch of highway between Richmond and Petersburg, long known locally as the Richmond-Petersburg Turnpike, or "Pike" for short, was an important stopover for tourists driving to and from Florida and the number, and variety, of travel accommodations attest to the Pike's popularity. Using over 160 postcards along with over 55 other images including some provided by the Virginia Department of Historic Resources and the Chesterfield County Historical Society, the book provides a history of motels, tourist courts, tourist**

camps, etc. that flourished along Historic Highway 1 from 1920 to 1975. But **Spending the Night on the Pike** is not a history of postcards. It is a history of what postcards tell us about travelers in the first half of the 20th century and of the evolution of the lodging that accommodated them. For many tourist courts and motels, postcards are the only record remaining of these once vibrant businesses and are the source of clues that help identify buildings that still remain but are hidden or disguised. For those motels still operating, their postcards give us a glimpse of their former glory, when they were new and polished, before the arrival of the interstates that siphoned off the tourist business. And they tell of the time when motels were family-owned “Mom and Pop’s” and proudly advertised that fact on their postcards. It is also a nostalgic look back for those who remember the time when road trips required driving through towns instead of around them and of a time that seems less complicated, less stressful, and less rushed. And for those who take the time to look, the motels, tourist courts, and tourist cabins still standing provide us a reminder of that earlier time.

See You Soon Broadway

Maris Forrester has a wonderful life with an amazing boyfriend and a fulfilling job. She's happy and content . . . or so she thinks. Maris has always had huge dreams of being on Broadway. Ever since her very first performance as a child, she has envisioned herself on the stage under the shining lights. Now she has to decide whether she should to give up her wonderful life to chase those dreams. When her parents announce they are moving, she comes across a long-lost family treasure. She doesn't realize that this treasure may hold the key to her future and to all her dreams coming true. And if that wasn't sign enough, a mysterious stranger throws another wrench in the mix at a dazzling rooftop party benefiting the Arts. These could be signs of things to come. But will she remain content in her perfect world, or will she step into the unknown world she has always dreamed of?

Half Past Midnight

[Createspace Independent Pub](#) **The Doomsday Clock** gauges the threat of nuclear war. Currently, the clock is set at six minutes before midnight. What happens after the hands reach midnight? Survivalist Leeland Dawcett finds out when he and his family are plunged into the nightmare of their country returned to a third-world state. No phones. No computers. No television. At first, Leeland thinks basic survival is the answer. Until he crosses the path of the wrong

guy... Someone who wants to do more than just survive...