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Sleep Smarter: 21 Essential Strategies To Sleep Your Way To A Better Body, Better Health, And Bigger Success By Shawn Stevenson | Book Summary Includes Analysis

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Synopsis

This is a book summary of Sleep Smarter by Shawn Stevenson. When it comes to health, there is one criminally overlooked element: sleep. Good sleep helps you shed fat for good, stave off disease, stay productive, and improve virtually every function of your mind and body. That's what Shawn Stevenson learned when a degenerative bone disease crushed his dream of becoming a professional athlete. Like many of us, he gave up on his health and his body until he decided there must be a better way. Through better sleep and optimized nutrition, Stevenson not only healed his body but also achieved fitness and business goals he never thought possible. In Sleep Smarter, Stevenson shares easy tips and tricks to discover the best sleep and best health of your life. With his 14-day sleep makeover, you'll learn how to create the ideal sleep sanctuary, how to hack sunlight to regulate your circadian rhythms, which clinically proven sleep nutrients and supplements you need, and stress-reduction exercises and fitness tips to keep you mentally and physically sharp. Sleep Smarter is the ultimate guide to sleeping better, feeling refreshed, and achieving a healthier, happier life.

Book Information

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Customer Reviews

Game changer!!! Now on audio?!?! You bet I am purchasing. I have the book, of course, but this is gold and should be a mandate gift for your loved one, and more importantly, that one that you may not love so much... chances are they will be a better human after listen to this book. Love you Shawn ! Thanks so much for all the excellence you bring to the world.

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