

Dream Sleep



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Ethan West

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Sensehacking Charles Spence, 2021-01-14 The world expert in multisensory perception on the remarkable ways we can use our senses to lead richer lives Talks total sense lots of fun facts right up there with the best of the best Chris Evans Packed with studies on pain attention memory mood The Times How can the furniture in your home affect your wellbeing What colour clothing will help you play sport better And what simple trick will calm you after a tense day at work In this revelatory book pioneering and entertaining Oxford professor Charles Spence shows how our senses change how we think and feel and how by hacking them we can reduce stress become more productive and be happier We like to think of ourselves as rational beings and yet it s the scent of expensive face cream that removes wrinkles temporarily a room actually feels warmer if you use a warmer paint colour and the noise of the crowd really does affect the referee s decision Understanding how our senses interact can produce incredible results This is popular science at its unbelievable best Spence does for the senses what Marie Kondo does for homes Avery Gilbert author of What the Nose Knows Everything you need to know about how to cope with the hidden sensory overload of modern life engagingly told Robin Dunbar author of How Many Friends Does One Person Need *Don't Unplug* Chris Dancy, 2018-09-18 Chris Dancy the world s most connected person inspires readers with practical advice to live a happier and healthier life using technology In 2002 Chris Dancy was overweight unemployed and addicted to technology He chain smoked cigarettes popped pills and was angry and depressed But when he discovered that his mother kept a record of almost every detail of his childhood an idea began to form Could knowing the status of every aspect of his body and how his lifestyle affected his health help him learn to take care of himself By harnessing the story of his life could he learn to harness his own bad habits With a little tech know how combined with a healthy dose of reality every app sensor and data point in Dancy s life was turned upside down and examined Now he s sharing what he knows That knowledge includes the fact that changing the color of his credit card helps him to use it less often and that nostalgia is a trigger for gratitude for him A modern day story of rebirth and redemption Chris wisdom and insight will show readers how to improve their lives by paying attention to the relationship between how we move what we eat who we spend time with and how it all makes us feel But Chris has done all the hard work Don t Unplug shows us how we too can transform our lives Sleep Hacking for Busy Bees: Optimizing Sleep in Short Bursts Ethan West, In our frenetic modern world the quest for efficiency often comes at a steep price We juggle demanding careers personal responsibilities and social obligations all while trying to maintain a semblance of balance Amidst this relentless hustle one crucial aspect of our well being frequently gets shortchanged sleep Have you ever caught yourself wondering How can I get the most out of my sleep in the little time I have If so you re not alone This book delves into the art and science of sleep hacking a practice designed to optimize sleep for those who lead busy lives But before we delve into the nitty gritty let s explore why sleep is non negotiable Sleep is often perceived as a luxury something we can afford to cut back on to squeeze in an extra hour of

work or play Yet research consistently underscores that sleep is foundational to our health and well being According to the National Sleep Foundation adults need between 7 to 9 hours of sleep per night for optimal functioning However a staggering one in three adults doesn't meet this requirement leading to a host of physical and mental health issues So why is sleep so important

Hacking Exposed Web Applications, Second Edition Joel Scambray, Mike Shema, Caleb Sima, 2006-06-05 Implement bulletproof e business security the proven Hacking Exposed way Defend against the latest Web based attacks by looking at your Web applications through the eyes of a malicious intruder Fully revised and updated to cover the latest Web exploitation techniques Hacking Exposed Web Applications Second Edition shows you step by step how cyber criminals target vulnerable sites gain access steal critical data and execute devastating attacks All of the cutting edge threats and vulnerabilities are covered in full detail alongside real world examples case studies and battle tested countermeasures from the authors experiences as gray hat security professionals Find out how hackers use infrastructure and application profiling to perform reconnaissance and enter vulnerable systems Get details on exploits evasion techniques and countermeasures for the most popular Web platforms including IIS Apache PHP and ASP NET Learn the strengths and weaknesses of common Web authentication mechanisms including password based multifactor and single sign on mechanisms like Passport See how to excise the heart of any Web application's access controls through advanced session analysis hijacking and fixation techniques Find and fix input validation flaws including cross site scripting XSS SQL injection HTTP response splitting encoding and special character abuse Get an in depth presentation of the newest SQL injection techniques including blind attacks advanced exploitation through subqueries Oracle exploits and improved countermeasures Learn about the latest XML Web Services hacks Web management attacks and DDoS attacks including click fraud Tour Firefox and IE exploits as well as the newest socially driven client attacks like phishing and adware

Sleep Smarter Shawn Stevenson, 2016-09-06 Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health through his private work as well as his 1 Nutrition and Fitness podcast on iTunes In his work Shawn brings a well rounded perspective to the perennial question how can we feel better In investigating complex health issues such as weight loss chronic fatigue and hormone imbalance Shawn realised that many health problems start with one criminally overlooked aspect of our routine sleep In Sleep Smarter Shawn explores the little known and even less appreciated facts about sleep's influence on every part of our life Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research this book depicts the dangers of insufficient sleep from weight retention to memory loss to bad sex to increased risk of disease In his clear personable and relatable style Shawn offers 21 simple immediately applicable ways for readers to take their well being into their own hands and improve their sleep now

Mind Performance Hacks Ron Hale-Evans, 2006-02-06 You're smart This book can make you smarter Mind Performance Hacks provides real life tips and tools for overclocking your brain and becoming a better thinker In the

increasingly frenetic pace of today's information economy managing your life requires hacking your brain With this book you'll cut through the clutter and tune up your brain intentionally safely and productively Grounded in current research and theory but offering practical solutions you can apply immediately Mind Performance Hacks is filled with life hacks that teach you to Use mnemonic tricks to remember numbers names dates and other flotsam you need to recall Put down your calculator and perform complex math in your head with your fingers or on the back of a napkin Spark your creativity with innovative brainstorming methods Use effective systems to capture new ideas before they get away Communicate in creative new ways even using artificial languages Make better decisions by foreseeing problems and finding surprising solutions Improve your mental fitness with cool tricks and games While the hugely successful Mind Hacks showed you how your brain works Mind Performance Hacks shows you how to make it work better [PC World](#) ,2009-07 [Hacking Exposed 5th Edition](#) Stuart McClure,Joel Scambray,George Kurtz,2005-05-10 The seminal book on white hat hacking and countermeasures Should be required reading for anyone with a server or a network to secure Bill Machrone PC Magazine The definitive compendium of intruder practices and tools Steve Steinke Network Magazine For almost any computer book you can find a clone But not this one A one of a kind study of the art of breaking in UNIX Review Here is the latest edition of international best seller Hacking Exposed Using real world case studies renowned security experts Stuart McClure Joel Scambray and George Kurtz show IT professionals how to protect computers and networks against the most recent security vulnerabilities You'll find detailed examples of the latest devious break ins and will learn how to think like a hacker in order to thwart attacks Coverage includes Code hacking methods and countermeasures New exploits for Windows 2003 Server UNIX Linux Cisco Apache and Web and wireless applications Latest DDoS techniques zombies Blaster MyDoom All new class of vulnerabilities HTTP Response Splitting and much more *The Generation of Ideas* Daniel Quentin Miller,Quentin Miller,2005 Build writing skills while exploring themes central to your own life with Quentin Miller's THE GENERATION OF IDEAS Centered around the idea that the most important foundation for good college writing is the formation and development of ideas this book is an ideal resource to help you hone your writing skills *Hacking TiVo* Jeff Keegan,2004 Written by an avid TiVo hacker and active TiVo community member Hacking TiVo appeals to both experienced tweekers and curious observers alike by walking them through the steps needed to do everything from increasing the storage capacity of their TiVos to connecting them to the internet After completing this book readers will enjoy being able to say that they have enhanced their TiVo that they have larger TiVos than can be purchased and that they have features that don't exist for others They will also know where to look for the latest developments and know enough to start some serious tinkering on their own Topics covered include Secret TiVo backdoor codesIncreasing recording time with larger hard drivesGetting access to the TiVo operating systemTransferring files to and from your PCControlling your Tivo from the InternetAdding sports scores stocks and weather featuresDisplaying your own photos and graphics on your TVHooking AOL Instant Messenger into your

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