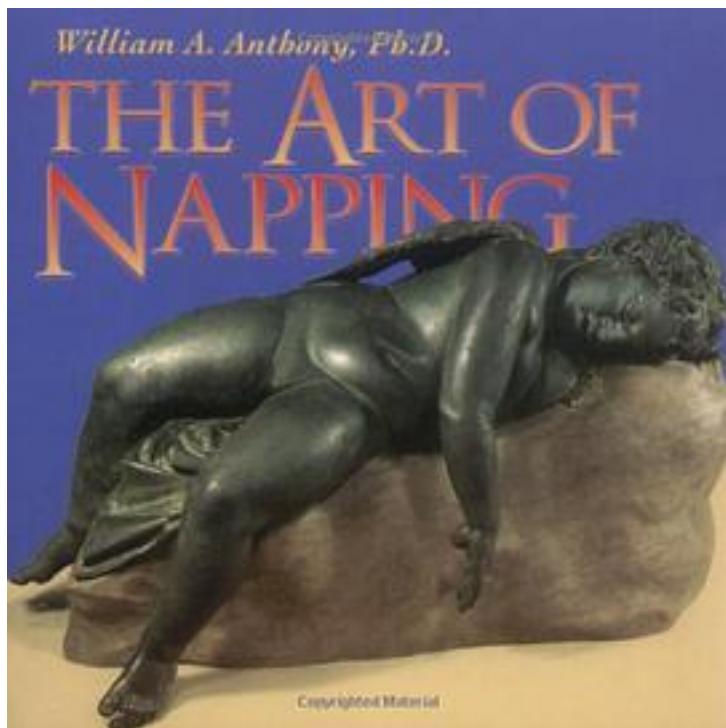


The Art of Napping



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著者:Anthony, William A.

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Sleep deprivation is a world-wide catastrophe -- and overworked spiritual seekers are among the greatest sufferers. No wonder you can't meditate well, study, work well, or live up to your ideals -- you are exhausted! This light-hearted, humorously illustrated book about a skill that deserves serious attention will lighten your heart, too. Great nappers include JFK, Winston Churchill, Thomas Edison, Napoleon Bonaparte, Johannes Brahms, Jim Lehrer, Bill Clinton, Ronald Reagan, Martha Stewart, and many others that will surprise you as nappers 'come out' in our nappaphobic culture. Let Bill Anthony amuse and re-invigorate you.

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