

# Wide Awake



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Insomniacs—this manifesto’s for YOU! While everybody else is snoozing, you can be doing —writing a great book, painting a masterpiece, running a country, creating a revolutionary invention. That’s exactly how such celebrated insomniacs as Winston Churchill, Marlene Dietrich, Thomas Edison, Vincent Van Gogh, and Mark Twain made their mark. This uniquely humorous approach to the subject explains exactly what insomnia is, debunks myths on the need for a full night’s sleep, and introduces famous insomniacs through history. And it’s an attractive volume, with gold foil and an eye-catching cover.

So drink that coffee, stop counting sheep, and use those extra hours to read this book… and accomplish amazing things.

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