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In The Sleep Revolution, Arianna Huffington exposes the

dangers of our modern-day attitude towards sleep and

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advocates for a renewed emphasis on the importance of sleep to our well-being. It is nothing short of a call to arms for policy makers, CEOs, parents, educators, hospital administrators, and coaches to confront the fact that insufficient sleep is a modern-day health crisis.”

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The Sleep Revolution: Transforming Your Life, One Night at a Time. We are in the midst of a sleep deprivation crisis, writes Arianna Huffington, the co-founder and editor in chief of The Huffington Post. And this has profound consequences – on

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our health, our job performance, our relationships and our happiness.

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“The Sleep Revolution Summary” Arianna Huffington, a sleep evangelist, has a Masters in Economics from Cambridge. She featured twice in TIME’s list of the world’s 100 most influential people. Aside from being a bestselling author– check out our summary of Thrive – Huffington is also a media entrepreneur.

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The Sleep Revolution by Arianna Huffington: 9781101904022

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Here are 5 of my favorite Big Ideas from "The Sleep Revolution" by Arianna Huffington. Hope you enjoy! Arianna Huffington (CEO of Thrive and co-founder + edi...

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Sleep Resources | Arianna Huffington

Arianna Stassinopoulos Huffington (born Ariadn?-Anna Stasinopoulou, Greek: ?????????-???? ?????????????????, July 15, 1950) is a Greek-American author, syndicated columnist, and businesswoman. She is a co-founder of The Huffington Post, the founder and CEO of Thrive Global, and the author of fifteen books. She has been named to Time Magazine's list of the world's 100 most ...

Arianna Huffington - Wikipedia

In April 2007 Arianna Huffington fell over. The journalist,

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multimillionaire, networker, ex-politician, author and all-round celebrity had got herself overtired. She banged her cheek as she went...

Review: 'The Sleep Revolution', by Arianna Huffington ...
"Arianna shows that sleep is not just vital for our health, but also critical to helping us achieve our goals. Sometimes we need to sleep in to lean in!" -Sheryl Sandberg, Facebook COO and author of LEAN IN

Arianna Huffington

Arianna Huffington stopped by YouTube HQ to discuss her latest book "The Sleep Revolution: Transforming Your Life, One Night at a Time." Arianna Huffington i...

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The Sleep Revolution | Arianna Huffington | Talks at ...
In this short talk, Arianna Huffington shares a small idea that can awaken much bigger ones: the power of a good night's sleep. Instead of bragging about our sleep deficits, she urges us to shut our eyes and see the big picture: We can sleep our way to increased productivity and happiness -- and smarter decision-making.

Arianna Huffington: How to succeed? Get more sleep | TED Talk

The Sleep Revolution: Transforming Your Life, One Night at a Time No matter who we are, we share a common need for sleep. Though this need has been a constant throughout

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human history, our relationship to sleep, and our understanding of its vital benefits, has gone through dramatic ups and downs. And right now that relationship is in crisis.

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? Arianna Huffington, The Sleep Revolution: Transforming Your Life, One Night at a Time. 0 likes. Like "Yet our appointment with sleep is one we don't seem to mind missing, day after day, night after night. When we think of sleep as an actual appointment-- a meeting of sorts, with ourselves-- we're much more likely to grant it the time it ...

The Sleep Revolution Quotes by Arianna Huffington

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culture, our thinking, our workplaces, and our lives.

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