



## Sleep Your Way to the Top The Power of Napping

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By Brett Jarvis

AuthorHouse. Paperback. Condition: New. 112 pages.  
Dimensions: 7.8in. x 5.0in. x 0.3in. Reading Sleep Your Way to the Top: The Power of Napping provides insights that can revitalize your career and give you control over your life. Brett Jarvis, who has built his career through strategically placed moments of shut eye, helps you follow the example of such powerful nappers as Churchill and Reagan. Churchill felt obliged to defend himself for his keen napability. Reagan was unabashed. Many people also subscribe to the theory that these two men are largely responsible for the defeat of the two great terrors of the 20th century - Nazism and a dearth of B movies. Sleep Your Way to the Top- details the Seven Steps of Highly Effective Nappers, teaches you to establish napping in your workplace, and even slips in a few dating tips. And once you master the Seven Steps, you will need the advanced skills to nap during meetings and to understand that napping boldly, directly in front of other people can be your most effective tool. If you're looking for a mental, physical or psychological edge to make your career jump to light speed - or at least to enjoy yourself,...



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