

Doctor Sleep

An interactive, touch-and-feel story invites toddlers to explore the soft beds, bellies and pillows of iconic sleepy characters, in an edition published to commemorate the 50th anniversary of the classic, Dr. Seuss's Sleep Book.

#1 NEW YORK TIMES BESTSELLER • Before Doctor Sleep, there was The Shining, a classic of modern American horror from the undisputed master, Stephen King. Jack Torrance's new job at the Overlook Hotel is the perfect chance for a fresh start. As the off-season caretaker at the atmospheric old hotel, he'll have plenty of time to spend reconnecting with his family and working on his writing. But as the harsh winter weather sets in, the idyllic location feels ever more remote . . . and more sinister. And the only one to notice the strange and terrible forces gathering around the Overlook is Danny Torrance, a uniquely gifted five-year-old.

Losing weight while you sleep may sound too good to be true, but in fact the connection between inadequate sleep and weight gain (among a host of other negative medical results) has long been recognized by medical researchers. Turning this equation on its head, clinical psychologist and board-certified sleep expert Dr. Michael Breus shows that a good night's sleep will actually enable you to lose weight, especially if you have been chronically sleep deprived. The Sleep Doctor's Diet Plan is designed to help any person who has been frustrated by her inability to shed weight by giving her the tools to overcome the stress, poor habits, and environmental challenges that stand between her and adequate rest. Sleep deprivation is a frustrating reality for many women faced with chronic stress or hormonal changes--and the fatigue, moodiness, and weight gain that come with it might just be the tip of the iceberg. While helping thousands of women implement simple health and lifestyle changes to improve the quality and the quantity of their slumber, Dr. Breus has witnessed not only an upsurge in their energy levels and a diminishing of myriad health concerns, but also significant weight loss achieved without restrictive dieting or increased amounts of exercise. In The Sleep Doctor's Diet Plan, Dr. Breus delves into the science behind this sleep-weight-loss connection, explaining exactly how sleep boosts your metabolism, ignites fat burn, and decreases cravings and overall appetite, and he presents a realistic action plan to help you

get your best sleep--and your best body--possible. He shows how you can overcome your personal sleep obstacles with a slumber-friendly evening routine, stress management techniques--even recipes for healthy meals and snacks--to help you fall asleep more easily. If you are ready to stop tossing and turning night after night, if you are done downing coffee to conquer nagging fatigue, and if you have bounced from one diet to another in an effort to find one that really, finally helps you lose the pounds you want, The Sleep Doctor's Diet Plan has the information, advice, and practical strategies you need to get deep, revitalizing sleep--and achieve a slimmer, healthier body in the process.

Perfect for expecting parents who want to provide a soothing home for the newest member of their family, The Happiest Baby on the Block, the national bestseller by respected pediatrician and child development expert Dr. Harvey Karp, is a revolutionary method for calming a crying infant and promoting healthy sleep from day one. In perhaps the most important parenting book of the decade, Dr. Harvey Karp reveals an extraordinary treasure sought by parents for centuries --an automatic "off-switch" for their baby's crying. No wonder pediatricians across the country are praising him and thousands of Los Angeles parents, from working moms to superstars like Madonna and Pierce Brosnan, have turned to him to learn the secrets for making babies happy. Never again will parents have to stand by helpless and frazzled while their poor baby cries and cries. Dr. Karp has found there IS a remedy for colic. "I share with parents techniques known only to the most gifted baby soothers throughout history ...and I explain exactly how they work." In a innovative and thought-provoking reevaluation of early infancy, Dr. Karp blends modern science and ancient wisdom to prove that newborns are not fully ready for the world when they are born. Through his research and experience, he has developed four basic principles that are crucial for understanding babies as well as improving their sleep and soothing their senses: ·The Missing Fourth Trimester: as odd as it may sound, one of the main reasons babies cry is because they are born three months too soon. ·The Calming Reflex: the automatic reset switch to stop crying of any baby in the first few months of life. ·The 5 "S's": the simple steps (swaddling, side/stomach position, shushing, swinging and sucking) that trigger the calming reflex. For centuries, parents have tried these methods only to fail because, as with a knee reflex, the calming reflex only works when it is triggered

in precisely the right way. Unlike other books that merely list these techniques Dr. Karp teaches parents exactly how to do them, to guide cranky infants to calm and easy babies to serenity in minutes...and help them sleep longer too. ·The Cuddle Cure: the perfect mix the 5 “S’s” that can soothe even the most colicky of infants. In the book, Dr. Karp also explains: What is colic? Why do most babies get much more upset in the evening? How can a parent calm a baby--in mere minutes? Can babies be spoiled? When should a parent of a crying baby call the doctor? How can a parent get their baby to sleep a few hours longer? Even the most loving moms and dads sometimes feel pushed to the breaking point by their infant’s persistent cries. Coming to the rescue, however, Dr. Karp places in the hands of parents, grandparents, and all childcare givers the tools they need to be able to calm their babies almost as easily as...turning off a light. From the Hardcover edition.

The Mystery of Sleep

Summary of Doctor Sleep: A Novel: Trivia/Quiz Book

Sleep, Interrupted

Unlocking the Power of Sleep and Dreams

The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer

Reflections on the Modern Master of Horror

Doctor Sleep: A Novel: Trivia/Quiz Book Features You'll Discover Inside: - A comprehensive guide to aid in discussion & discovery - 30 multiple choice questions on the book, plots, characters, and author - Insightful resource for teachers, groups, or individuals - Keep track of scores with results to determine "fan status" - Share with other book fans and readers for mutual enjoyment Disclaimer: This is an unofficial summary, analysis and trivia book to enhance a reader's experience to books they already love and appreciate. We encourage our readers to purchase the original book first before downloading this companion book for your enjoyment.

Sophisticated suspense from a National Book Award finalist, about a hypnotist tormented by insomnia and a hunt for a killer: “Excellent...revelatory writing.”—The Washington Post Book World Adrian Strother is a hypnotherapist who, paradoxically, can’t get to sleep. He’s left New York to ply his trade in a depressed section of London, treating phobias and addictions

and doing the occasional job for Scotland Yard. That aspect of his work is about to get him involved with the case of a serial killer who targets little girls, as he treads the line between tortured wakefulness and surreal sleep, wrestling with his own demons and fighting to keep his past at a distance. Now the gifts of his cursed insomnia will be called upon to unlock the secrets of a man who believes he has discovered the key to immortality. Part spiritual pilgrimage, part psychological thriller, Doctor Sleep is witty, menacing, and “a rip-roaring good read” (Los Angeles Times). “A wonderfully inventive novel in the genre of the hard-boiled detective story, with metaphysical overtones...a poetic thriller, perfectly orchestrated, beautifully written, reverberant and entertaining.”—The Baltimore Sun

Louise tells the story of how a near fatal pneumonia as an NHS GP and mother of two transformed her life and way of thinking about health. In this personal narrative of how she ‘had it all’ and then nearly lost it, she explains how she sought even better health after her recovery.

An epic war between good and evil, a gory, glorious story that will thrill the millions of hyper-devoted readers of The Shining and wildly satisfy anyone new to the territory of this icon in the King canon. King says he wanted to know what happened to Danny Torrance, the boy at the heart of The Shining, after his terrible experience in the Overlook Hotel. The instantly riveting DOCTOR SLEEP picks up the story of the now middle-aged Dan, working at a hospice in rural New Hampshire, and the very special twelve-year old girl he must save from a tribe of murderous paranormals. On highways across America, a tribe of people called The True Knot travel in search of sustenance. They look harmless - mostly old, lots of polyester, and married to their RVs. But as Dan Torrance knows, and tween Abra Stone learns, The True Knot are quasi-immortal, living off the 'steam' that children with the 'shining' produce when they are slowly tortured to death. Haunted by the inhabitants of the Overlook Hotel where he spent one horrific childhood year, Dan has been drifting for decades, desperate to shed his father's legacy of despair, alcoholism, and violence. Finally, he settles in a New Hampshire town, an AA community that sustains him and a job at a nursing home where his remnant 'shining' power provides the crucial final comfort to the dying. Aided by a prescient cat, he becomes 'Doctor Sleep.' Then Dan meets the evanescent Abra Stone, and it is her spectacular gift, the

brightest shining ever seen, that reignites Dan's own demons and summons him to a battle for Abra's soul and survival . . .

Diary of Thoughts

The Bedtime Doctor's 5-Step Guide, Ages 3-10

The Sleep Book

A Novel

Your Best Life - A Doctor's Secret Guide to Radiant Health Over 40

Religion and the American Left

Now a major HBO and Sky Atlantic limited series starring Ben Mendelsohn. 'If you read only one thriller this summer, make it this one' Daily Mail A horrifying crime. Water-tight evidence points to a single suspect. Except he was seventy miles away, with an iron-clad alibi. Detective Anderson sets out to investigate the impossible: how can the suspect have been both at the scene of the crime and in another town?

WARNING: This is not the actual book Doctor Sleep by Stephen King. Do not buy this reading Sidekick if you are looking for a full copy of this great book. Use the chapter-by-chapter guide, the character breakdown, and the explanation of Doctor Sleep themes and motifs in this analysis to walk through this chilling, tense read. Stephen King's long-awaited sequel to The Shining, Doctor Sleep, marks the author's return to the horror genre after a foray into science fiction. Loaded with supernatural elements and told in King's signature terse style, Doctor Sleep revolves around Dan Torrance, son of Jack Torrance from The Shining. It focuses on Dan's life after the events at the Overlook Hotel. Dan, now a grown man, struggles with his former alcoholism, while also struggling with his gift, known as "the shining." He finds himself drawn to a girl named Abra who has an even more powerful gift. Together, they must survive while working to expose a merciless secret society that targets children that possess the gift to shine. Stephen King narrates Doctor Sleep from a third-person perspective but gives each character a distinctive voice. Dan must face his demons if he is to help Abra survive. Stephen King skillfully weaves a narrative laden with themes of self-control, innocence, and redemption. He uses subtle clues to help cue readers in on the passage of time and characterization. In all, Doctor Sleep provides a satisfying follow-up to one of King's most celebrated works.

Sleep disorders in children are on the rise. Experts have pronounced sleeplessness a 'hidden health crisis' for young people, with 10 percent of children presenting with diagnosable sleep disorders - but well over half are misdiagnosed. Every year, tens of thousands of children are treated for diseases such as diabetes, learning

disorders, or chronic pain, when the real root cause of their ailment may actually be a sleep disorder for which they're not being treated. In this ground-breaking guide, neurologist and sleep expert Dr Chris Winter identifies the signs and symptoms of the most common sleep disorders affecting children today, and he empowers parents and caregivers to understand the steps necessary to address and treat their children's sleep problems. From common issues such as too much screen time and night terrors, to narcolepsy, sleep apnoea, and more, The Rested Child leaves no stone unturned. This book pulls back the curtain on the relationship between poor sleep quality and paediatric epidemics related to psychiatric health, rising obesity, ADD/ADHD, pain disorders, and other undiagnosed disorders of sleepiness and fatigue. Finally parents have a resource to help them uncover the root of their children's problems, and, more important, to provide the answers on how to help. This book looks at the more recent works of fiction by Stephen King as well as an examination of his nonfiction book, On Writing, published in 2000. Works discussed in this volume include Duma Key, The Girl Who Loved Tom Gordon, Under the Dome, Joyland, and Dr. Sleep.

How to get a really good night's rest

Dr. Seuss's Sleep Softly Book

Dr. Seuss's Sleep Book: Read & Listen Edition

The Sleep Doctor's 4-week Program to Better Sleep and Better Health

Doctor Sleep: A Novel By Stephen King (Trivia-On-Books)

Children and Childhood in the Works of Stephen King

After decades as an itinerant alcoholic, middle-aged Dan Torrance uses his remnant powers to assist the dying before coming to the aid of a twelve-year-old girl being tortured by a tribe of murderous paranormals.

Celebrate sleep with Dr. Seuss's classic rhyming good-night picture book. Van Vleck, a very small bug, is getting sleepy, and his yawn—contagious as yawns are—sets off a chain reaction, making all those around him feel sleepy, too! With typically Seussian nods to alarm clocks, sleepwalking, and snoring, this charming ode to bedtime will lull listeners (and readers) toward dreamland. Zzzzzzzzzz. This Read & Listen edition contains audio narration.

Say goodbye to stressful nights lying awake and reclaim the comforts of tranquil sleep. Instead of letting stress and anxiety continually deprive you of a good night's sleep, take action! Reclaim your slumber with The Doctor's Guide to Sleep Solutions for Stress and Anxiety. Author Robert Rosenberg, D.O., F.C.C.P., is a leading expert on sleep disorders and is board certified in sleep medicine. In this book, he offers targeted solutions to help you identify the stressors that deter sleep and reduce stress and anxiety. Removing the obstacles that stand between you and restful sleep is the goal, and this book is the first step. Increasingly, insufficient sleep is considered a public health epidemic. In this book, you'll find essential tools for a good night's sleep: - Learn about current sleep research and patients- stories - Understand chronic mental and physical

issues that can disrupt sleep - Find solutions for preventing and managing stress, anxiety, and other conditions that interfere with sleep You can find relief from your symptoms with the clinically tested options in The Doctor's Guide to Sleep Solutions for Stress and Anxiety, benefiting from the latest findings on sleep disorder treatment. Regain energy, reduce your stress levels, and achieve easier and higher quality sleep - and overall better health.

Now a major motion picture starring Ewan McGregor! From master storyteller Stephen King, his unforgettable and terrifying sequel to *The Shining*—an instant #1 New York Times bestseller that is “[a] vivid frightscape” (The New York Times). Years ago, the haunting of the Overlook Hotel nearly broke young Dan Torrance’s sanity, as his paranormal gift known as “the shining” opened a door straight into hell. And even though Dan is all grown up, the ghosts of the Overlook—and his father’s legacy of alcoholism and violence—kept him drifting aimlessly for most of his life. Now, Dan has finally found some order in the chaos by working in a local hospice, earning the nickname “Doctor Sleep” by secretly using his special abilities to comfort the dying and prepare them for the afterlife. But when he unexpectedly meets twelve-year-old Abra Stone—who possesses an even more powerful manifestation of the shining—the two find their lives in sudden jeopardy at the hands of the ageless and murderous nomadic tribe known as the True Knot, reigniting Dan’s own demons and summoning him to battle for this young girl’s soul and survival...

Theory, Pedagogical Applications, and Practices

Doctor Sleep

Combat Stress and Sleep Better Every Night

Chinese for Specific and Professional Purposes

The Shining

Why a Good Night's Rest Is Vital to a Better, Healthier Life

An authoritative and accessible guide to what happens when we shut our eyes at night We spend a third of our lives in bed, but how much do we really understand about how sleep affects us? In the past forty years, scientists have discovered that our sleep (or lack of it) can affect nearly every aspect of our waking lives. Poor sleep could be a sign of a disease, the result of a vitamin or iron deficiency, or the cause of numerous other problems, both sleeping and waking. Yet many people, even medical personnel, are unaware of the dangers of poor sleep. Enter Dr. Meir Kryger, a world authority on the science of sleep, with a comprehensive guide to the mysteries of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice. Everyone needs a good night’s sleep, and many of us will experience some difficulty sleeping or staying awake over the course of our lifetimes (or know someone who does). Kryger’s comprehensive text is a much-needed resource for insomniacs; for those who snore, can’t stay awake, or experience disturbing dreams; and for the simply curious. Uniquely wide ranging, The Mystery of Sleep is more than a handbook; it is a guide to the world of sleep and the mysterious disorders that affect it.

A Scotland Yard searches for a ritualistic serial killer, an insomniac American hypnotherapist is enlisted to use his newly-found

telekinetic powers to communicate with a young mute girl. Now a major motion picture titled "Hypnosis, " with Goran Visnjic of "ER, " set for a spring 2003 release.

Diary of Thoughts: Doctor Sleep by Stephen King - A Journal for Your Thoughts About the Book is a journal designed for note-taking, designed and produced by Summary Express. With blank, lined pages in a simplistic yet elegant design, this journal is perfect for recording notes, thoughts, opinions, and takeaways in real-time as you read. Divided into sections and parts for easy reference, this journal helps you keep your thoughts organized. Disclaimer Notice This is a unofficial journal book and not the original book.

After an almost fatal car crash, novelist Paul Sheldon finds himself being nursed by a deranged fan who holds him captive.

Roman

The Outsider

The Happiest Baby on the Block

Become Your Child's Sleep Coach

The Low-Stress Way to High-Quality Sleep for Babies, Kids, and Parents

How to Sleep Well Every Night

It began -- and ended -- in 1958 when seven children searched in the drains beneath Derry for an evil creature, but in 1985, Mike, once one of those children, makes six phone calls and disinters an unremembered promise that sets off the ultimate terror.

From a leading pediatric sleep physician comes a revolutionary program that will have everyone in the house sleeping through the night. When Dr. Craig Canapari became a father, he realized that all his years of 36-hour hospital shifts didn't even come close to preparing him for the sleep deprivation that comes with parenthood. The difference is that parents don't get a break—it's hard to know if there's a night of uninterrupted sleep anywhere in the foreseeable future. Sleepless nights for kids mean sleepless nights for the rest of the family—and a grumpy group around the breakfast table in the morning. In It's Never Too Late to Sleep Train, Canapari helps parents harness the power of habit to chart a clear path to high-quality sleep for their children. The result is a streamlined two-step sleep training plan that focuses on cues and consequences, the two elements that shape all habits and that take on special importance when it comes to kids' bedtime routines. Dr. Canapari distills years of clinical research and experience to make sleep training simple and stress-free. Even if you've been told that you've missed the optimal "window" for sleep training, Dr. Canapari is here to prove that

it's never too late, whether your child is 6 months or 6 years old. He's on your side in the battle against bedtime, and with his advice, parents and children alike can expect a lifetime of healthy sleep.

Addresses possible reasons why doctors under-perform, covering specific areas such as education and training, physical and mental health, workload, personality, organisational culture, drug and alcohol misuse, and cognitive impairment. It draws evidence, and describes the factors that adversely affect performance and how they can be prevented.

*Learn the best time to do everything--from drink your coffee to have sex or go for a run--according to your body's chronotype. Most advice centers on what to do, or how to do it, and ignores the when of success. But exciting new research proves there is a right time to do just about everything, based on our biology and hormones. As Dr. Michael Breus proves in *The Power Of When*, working with your body's inner clock for maximum health, happiness, and productivity is easy, exciting, and fun. *The Power Of When* presents a groundbreaking new program for getting back in sync with your natural rhythm by making minor changes to your daily routine. After you've taken Dr. Breus's comprehensive Bio-Time Quiz to figure out your chronotype (are you a Bear, Lion, Dolphin or Wolf?), you'll find out the best time to do over 50 different activities. Featuring a foreword by Mehmet C. Oz, MD, and packed with fascinating facts, fun personality quizzes, and easy-to-follow guidelines, *The Power Of When* is the ultimate "lifhack" to help you achieve your goals.*

A Physician Reveals the #1 Reason Why So Many of Us Are Sick and Tired

The Power of When

Understanding Doctors' Performance

The Doctor's Guide to Sleep Solutions for Stress and Anxiety

It

Why Your Tired, Wired, or Irritable Child May Have a Sleep Disorder - and How to Help

'I read this eagerly because I am desperate for tips on how to sleep better. It is based around the revolutionary idea that when it comes to sleep what matters is not the hours you spend in bed but the quality of the sleep you are getting - your sleep efficiency. This book was full of surprises!' -- Jeremy Vine
*Groundbreaking sleep science from the bestselling author of *The 5:2 Fast Diet* and *The Fast 800A* good night's sleep is essential for a healthy brain and body. So why do so many of us struggle to sleep well? In *Fast Asleep*, Dr Michael Mosley explains what happens*

when we sleep, what triggers common sleep problems and why standard advice rarely works. Prone to insomnia, he has taken part in numerous sleep experiments and tested every remedy going. The result is a radical, four-week programme, based on the latest science, designed to help you re-establish a healthy sleep pattern in record time. With plenty of surprising recommendations - including tips for teenagers, people working night shifts and those prone to jet lag - plus recipes which will boost your deep sleep by improving your gut microbiome, Fast Asleep provides the tools you need to sleep better, reduce stress and feel happier.

A WebMD sleep consultant draws on cutting-edge information to present an accessible reference to sleeping well, citing the role of sleep deprivation in such health concerns as poor eating, aging, and growth, in a resource that outlines a twenty-eight-night program for addressing short-term sleep problems.

A much-needed program to prevent and reverse disease, and discover a path to sustainable, long-term health from an acclaimed international doctor and star of the BBC program Doctor in the House. How to Make Disease Disappear is Dr. Rangan Chatterjee's revolutionary, yet simple guide to better health—a much-needed, accessible plan that will help you take back control of your health and your life. A physician dedicated to finding the root cause of ill health rather than simply suppressing symptoms with drugs, Dr. Chatterjee passionately advocates and follows a philosophy that lifestyle and nutrition are first-line medicine and the cornerstone of good health. Drawing on cutting edge research and his own experiences as a doctor, he argues that the secret to preventing disease and achieving wellness revolves around four critical pillars: food, relaxation, sleep, and movement. By making small, incremental changes in each of these key areas, you can create and maintain good health—and alleviate and prevent illness. As Dr. Chatterjee, reveals we can reverse and make disease disappear without a complete overhaul of our lifestyle. His dynamic, user-friendly approach is not about excelling at any one pillar. What matters is balance in every area of your life, which includes: Me-time every day An electronic-free Sabbath once a week Retraining your taste buds Daily micro-fasts Movement snacking A bedtime routine Practical and life-changing, How to Make Disease Disappear is an inspiring and easy-to-follow guide to better health and happiness.

The fourteenth Peter Diamond case has the eminent detective in pursuit of a murderer after a theft at an auction house goes wrong. Just as the bidding gets exciting in a Bath auction house, three armed men stage a hold-up and attempt to steal Lot 129, a medieval carving of the Wife of Bath. The highest bidder, appalled to have the prize snatched away, tries to stop them and is shot dead. Peter Diamond, head of the murder squad, soon finds himself sharing an office with the stone wife - until he is ejected. To his extreme annoyance the lump of stone appears to exert a malign influence over him and his investigation. Refusing to be beaten, he rallies his team and begins finding

suspects and motives. The case demands that someone goes undercover. The dangerous mission falls to Sergeant Ingeborg Smith, reverting to her journalist persona to get the confidence of a wealthy local criminal through his pop star girlfriend. And soon, murder makes a reappearance . . .

The Stone Wife

Why We Sleep

Spiritual Socialists

It's Never Too Late to Sleep Train

Programs

Simple Rules for Losing Weight While You Sleep

Maybe you're stressed out and tired, and have put on a little weight. Or you have persistent pain you and your doctor can't explain. Man or woman, you may be fighting fluctuating hormone levels. Or maybe you snore like a freight train. Anything that narrows the throat and interrupts sleep, particularly breathing problems brought on by sleep position, illness, life changes, or your anatomy, may be key to understanding a host of common health issues. In this groundbreaking book, Dr. Steven Park outlines a simple, rational explanation for what's making you sick, and provides guidance for treatment options that address specific health problems.

Doctor Sleep is a 2019 American supernatural horror film written and directed by Mike Flanagan. It is based on the 2013 novel of the same name by Stephen King, a sequel to King's 1977 novel *The Shining*. The film, which also serves as a direct sequel to the film adaptation of *The Shining*, directed by Stanley Kubrick, is set several decades after the events of the original and combines elements of the 1977 novel as well. Ewan McGregor plays the lead role as Danny Torrance, a man with psychic abilities who struggles with childhood trauma. Rebecca Ferguson, Kyliegh Curran, and Cliff Curtis have supporting roles. In the film, Dan Torrance, now an adult, must protect a young girl with similar powers from a cult known as the True Knot, whose members prey on children to extend their lives.

Proven bedtime solutions for parents of preschool and elementary school children -- from a Yale doctor While there are plenty of resources available to establish healthy sleeping patterns for babies and toddlers, there's very little guidance for parents who want to help their preschool and elementary school children (ages 3 - 10) sleep well. However, parents can be effective sleep coaches for their children once they know what to do. *Become Your Child's Sleep Coach* meets that need by giving you a simple plan to coach your children to be wonderful sleepers, as well as methods to deal with bed wetting, sleep walking, night terrors, and other sleep issues. The five-step plan shows you how to: 1: Prepare your child's bedroom for great sleep 2: Use the 5B Bedtime Routine every night 3: Teach your child to self-comfort as you work your way out of the room 4: Limit "callbacks and curtain calls" 5: Manage night and early morning wakings "A tremendous resource that will teach you exactly how to solve your child's sleep problems." -- From the Foreword by Meir Kryger, MD, author of *The Mystery of Sleep*

This unique and timely collection examines childhood and the child character throughout Stephen King's works, from his early novels and short stories, through film adaptations, to his most recent publications. King's use of child characters within the framework of horror (or of horrific childhood) raises questions about adult expectations of children, childhood, the American family, child agency, and the nature of fear and terror for (or by) children. The ways in which King presents, complicates, challenges, or terrorizes children and notions of childhood

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provide a unique lens through which to examine American culture, including both adult and social anxieties about children and childhood across the decades of King's works.

Good Night

Doctor Sleep: (The Shining)

Presented by Guest Artists, Faculty and Students

Discover Your Chronotype--and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More

The Rested Child

Misery

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

This book, likely the first of its kind in the English language, explores Chinese for specific and professional purposes (CSP) in terms of theorizing and developing practical applications for language teaching and learning. While research in language for specific purposes is thriving for languages such as English, there has been comparatively little such research conducted for Chinese. This volume attempts to fill the gap by bringing together practitioners from a broad international scholarly community, who share common interests yet diverse orientations. Seventeen papers are included, and address four broad thematic categories: (1) academic Chinese, (2) business Chinese, (3) Chinese for medicine and health care, and (4) Chinese for other broadly defined services and industries (diplomacy, tourism, wine-tasting, etc.). Representing the state of the art in CSP research, the book offers an indispensable guide for anyone interested in theoretical and practical issues in this area of applied Chinese language studies.

NEW UPDATED VERSION NOW SUITABLE FOR ALL DEVICES A third of the population sleep badly, but now THE SLEEP BOOK's revolutionary five-week plan means that you don't have to be one of them. Using a blend of mindfulness and new ACT therapy techniques, Dr Guy shares his unique five-week plan to cure your sleep problem whether it's a few restless nights or a lifetime of insomnia. Most people who have trouble sleeping invest a huge amount of time, effort and money into fixing the problem, but Dr Guy has discovered the secret lies not in what you do, but what you learn not to do. In fact, as you will have discovered, the more frustrated you become only serves to push sleep further away. Dr Guy's pioneering methods at The Sleep School clinic have been an unprecedented success. By popular demand, his highly effective and 100% natural insomnia remedy is now here in this book. THE SLEEP BOOK is the sum of a doctorate degree in sleep and well over 12,000 hours spent working with more than 2,000 insomniacs in one-to-one clinics, workshops and retreat environments. Say goodbye to the vicious cycle of sleepless nights. Sleep well, maintain a positive outlook and restore the quality of life you deserve - for good.

Trivia-on-Book: Doctor Sleep by Stephen King Take the challenge yourself and share it with friends and family for a time of fun! Doctor Sleep, a sequel to Stephen King's 1977 novel The Shining, picks up on the life of Daniel Torrance. The boy with "shining abilities" survived his evil dad and escaped the horrors of Overlook Hotel. Dan, now a middle-aged man, struggles with alcoholism and despair. To redeem himself, he joins Alcoholics Anonymous in New Hampshire and works in a hospice facility, where he is dubbed "Doctor Sleep," for helping the dying cross over to the afterlife. Through spiritual communication, Dan connects with another shiner, Abra Stone, who he must save from the True Knot, quasi-immortals living off of the life-force (or "steam") of psychic children who were tortured to death. In October 2013, Doctor Sleep reached the top spot on the New York Times Best Sellers list for combined print and eBook fiction, as well as hardcover fiction. It was awarded the 2013 Bram Stoker Award for Best Novel. You may have read the book,

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but not have liked it. You may have liked the book, but not be a fan. You may call yourself a fan, but few truly are. Are you a fan? Trivia-on-Books is an independently curated trivia quiz on the book for readers, students, and fans alike. Whether you're looking for new materials to the book or would like to take the challenge yourself and share it with your friends and family for a time of fun, Trivia-on-Books provides a unique approach to Doctor Sleep by Stephen King that is both insightful and educational! Features You'll Find Inside:

- 30 Multiple choice questions on the book, plots, characters and author
- Insightful commentary to answer every question
- Complementary quiz material for yourself or your reading group
- Results provided with scores to determine "status" Promising quality and value, come play your trivia of a favorite book!!

How to Make Disease Disappear

Book Sidekick

Doctor Sleep by Stephen King - A Journal for Your Thoughts About the Book

Screenplay

The No.1 Sunday Times Bestseller

The Sleep Doctor's Diet Plan

Refuting the common perception that the American left has a religion problem, Vaneesa Cook highlights an important but overlooked intellectual and political tradition that she calls "spiritual socialism." Spiritual socialists emphasized the social side of socialism and believed the most basic expression of religious values—caring for the sick, tired, hungry, and exploited members of one's community—created a firm footing for society. Their unorthodox perspective on the spiritual and cultural meaning of socialist principles helped make leftist thought more palatable to Americans, who associated socialism with Soviet atheism and autocracy. In this way, spiritual socialism continually put pressure on liberals, conservatives, and Marxists to address the essential connection between morality and social justice. Cook tells her story through an eclectic group of activists whose lives and works span the twentieth century. Sherwood Eddy, A. J. Muste, Myles Horton, Dorothy Day, Henry Wallace, Pauli Murray, Staughton Lynd, and Martin Luther King, Jr. spoke and wrote publicly about the connection between religious values and socialism. Equality, cooperation, and peace, they argued, would not develop overnight, and a more humane society would never emerge through top-down legislation. Instead, they believed that the process of their vision of the world had to happen in homes, villages, and cities, from the bottom up. By insisting that people start treating each other better in everyday life, spiritual socialists transformed radical activism from projects of political policy-making to grass-roots organizing. For Cook, contemporary public figures such as Senator Bernie Sanders, Pope Francis, Reverend William Barber, and Cornel West are part of a long-standing tradition that exemplifies how non-Communist socialism has gained traction in American politics.

Stephen King's Contemporary Classics

Fast Asleep