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Before I Go to Sleep is the first novel by S. J. Watson published in Spring 2011. It became both a Sunday Times and New York Times bestseller and has been translated into over 40 languages, and has become a bestseller in France, Canada, Bulgaria and the Netherlands. It reached number 7 on the US bestseller list, the highest position for a debut ...Go the Fuck to Sleep is a book written by American author Adam Mansbach and illustrated by Ricardo Cortés. Described as a "children's book for adults", it reached No. 1 on Amazon.com's bestseller list a month before its release, thanks to an unintended viral marketing campaign during which booksellers forwarded PDF copies of the book by e-mail. Nighttime snacks help you sleep. For some people, a light snack before bed can help promote sleep. For others, eating before bed leads to indigestion and make sleeping more difficult. Tools of Titans is a fantastic read and there really is something for everyone in this book. Broken up into three sections; healthy, wealthy and wise, author Tim Ferriss deconstructs the habits, routines and daily rituals of the world's top performers.