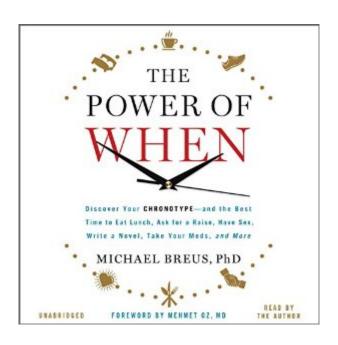
The book was found

The Power Of When: Discover Your Chronotype - And The Best Time To Eat Lunch, Ask For A Raise, Have Sex, Write A Novel, Take Your Meds, And More





Synopsis

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' 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 life hack to help you achieve your goals.

Book Information

Audible Audio Edition

Listening Length: 10 hours

Program Type: Audiobook

Version: Unabridged

Publisher: Hachette Audio

Audible.com Release Date: September 13, 2016

Language: English

ASIN: B01KGEGR7E

Best Sellers Rank: #4 in Books > Audible Audiobooks > Health, Mind & Body > Health #9 in Books > Self-Help > Time Management #31 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

Dr. Michael Breus has written a book that will cause you to rethink virtually every area of your life. This book is about so much more than just time management and when to do things, it explores your Chronotype and breaks down more than 100 circadian patterns to discover your personal best time to do everything based on your chronotype. The book starts with a simple quiz that helps you determine your Chronotype. Chronotype is the scientific study and classification of your personal biological energy patterns based on circadian rhythms. Everyone has a unique chronotype that determines your peak energy flows throughout the day. The book also helps you understand the

positive combination of hormones with your peak energy states in every area of your life. By understanding the critical combination of hormone production and energy you can time the best time of the day to do everything. After taking the quiz, I found out I was a bear chronotype. I've begun using the timing suggestions for when to sleep and wake up and when to be most effective in my work and so far, I've woken up more refreshed every day. It did require that I make a change to when I went to bed and got up. There is a formula for determining your best time to sleep based on your chronotype. I also moved as much of my work as I could that required strong problem solving into different areas of the day and it has made a significant difference in my ability to focus. Each chapter focuses on a specific topic like when to exercise, when to have sex, when to focus on creative efforts, or when to sleep and breaks the chapter down for your chronotype. I like the specificity of each section for the chronotype. After a brief introduction to the topic of each chapter you can dig into what is relevant to you.

Download to continue reading...

The Power of When: Discover Your Chronotype - and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More Sex Pictures: Sex Positions: How to Improve Your Sex Life with Creative Sex Positions and Techniques! (Sex Positions, Sex Pictures, Sex, Kama Sutra) How To Write A Book In Less Than 24 Hours (How To Write A Kindle Book, How To Write A Novel, Book Writing, Writing A Novel, Write For Kindle) Erotic Adult Sex Picture Book 5 (Uncensored Hot Sex Pics of Sexy & Horny Girls, 300+ College Sex Photos): full nudity adult sex. Sweet Tits.: Photography ... of Full Nudity Adult Sex Pics Series) Sex and Marriage: How to Guide for Sex and Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire How to Talk Dirty: Dirty Talk Examples, Secrets for Women and Men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: Great Sex Book, Series 1 Uncensored Sex Pictures: Sex Photos of College Girls & College Sex Pictures (Full nudity sex entertainment pictures book for adults only 2) Ask: The Counterintuitive Online Method to Discover Exactly What Your Customers Want to Buy...Create a Mass of Raving Fans...and Take Any Business to the Next Level Ask: The counterintuitive online formula to discover exactly what your customers want to buy...create a mass of raving fans...and take any business to the next level Lunch Lady and the Cyborg Substitute: Lunch Lady #1 Lunch Lady and the League of Librarians: Lunch Lady #2 Lunch Lady and the Summer Camp Shakedown: Lunch Lady #4 Lunch Lady and the Bake Sale Bandit (Lunch Lady, Book 5) Lunch Lady and the Field Trip Fiasco: Lunch Lady #6 Lunch Lady and the Video Game Villain: Lunch Lady #9 Lunch Lady and the Mutant Mathletes: Lunch Lady #7 Lunch Lady and the Picture Day Peril: Lunch Lady #8 Brown Bag Lunches for Kids:

Healthy and High-Nutrition Lunch Recipes for Kids' School Lunches (Healthy Meals & Lunch Recipes) Man 2.0 Engineering the Alpha: A Real World Guide to an Unreal Life: Build More Muscle. Burn More Fat. Have More Sex. The Ultimate Guide to Sexual Fantasy: How to Have Incredible Sex with Role Play, Sex Games, Erotic Massage, BDSM and More (Ultimate Guides)

<u>Dmca</u>