

~Sleep Smarter~™ for a Healthier, More Successful Life

Description

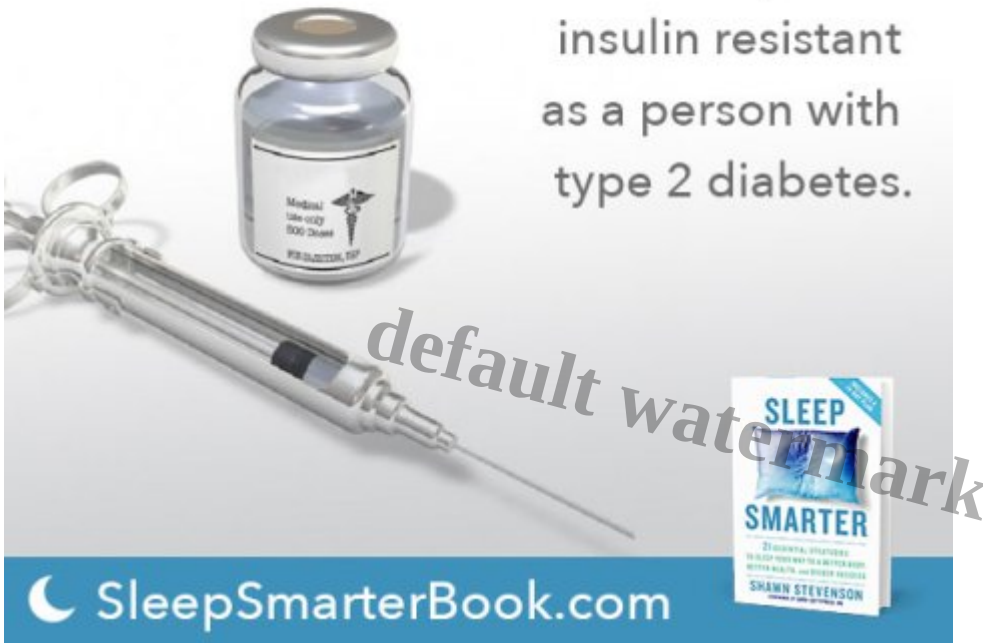
I~™ve been reading the early release copy of [Sleep Smarter](#) I [told you about last month](#), and, wow, sleep is some powerful stuff!



For the longest time, I was under the impression that since I exercise every day and cook all of my meals using fresh, whole foods, that I was good to go in the health department. But, little did I know that the sleep I easily shrugged off by thinking the 5 hours I sometimes got was perfectly acceptable was actually working against all of my other healthy habits.

Just one night sleep deprivation

can make you as
insulin resistant
as a person with
type 2 diabetes.



Isn't this quote eye-opening? See what I did there? ðŸ™,

As I make my way through Sleep Smarter, I continue to learn the power sleep has on our entire lives. So many answers about why I would still feel weak, tired, stressed, and worn out after leading such a health-regimented routine have been revealed. From brain health to performance to recovery and even your level of success; sleep is potent stuff!

There are only a couple days left to pre-order the book to not only learn the [21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success](#), but to earn some [awesome pre-order bonuses](#).

Just one book pre-ordered will get you:

- \$25 Thrive Market Gift Card + 1-Month Free Membership
- Free one year (10 issue) subscription to Men's Health or Women's Health Magazine
- Free Sleep Smarter Video Series (\$49 value)

Have friends and family that you love and care for? Of course you do! Pre-order 5 books and get:

- \$25 Thrive Market Gift Card + 1-Month Free Membership
- Free one year (10 issue) subscription to Men's Health or Women's Health magazine
- Free Sleep Smarter Video Series (\$49 value)

- FREE bottle of EASE topical magnesium (\$30)
- 5 entry tickets to win a new intelliBED (Bed valued up to \$4,399)*

It only gets better with the more books you order. Don't wait, save yourself some cash with the pre-order price and get the priceless gift of better health and happiness in return.

After you order, please let me know so we can share what we learn in the book together! Now, go get your sleep on!

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