

What Has Dr. Shook Been Reading?

Change Your Life Without Getting Out of Bed, The Ultimate Nap Book

By SARK

Published By Simon and Schuster

There are cultures throughout the world where naptime is built into the work and business day. In fact, right at this moment, creatures all over the planet are napping. There is an abundance of evidence suggesting that the well-rested person works faster and performs better. Yet in our modern and industrial society naps are for children and the lazy. Well don't be fooled, grownups need naps too. Our natural circadian rhythms slow in the early afternoon. The sleepy fatigue that accompanies this shift responds better to rest or napping, than to the caffeine, sugar, and nicotine that so often a part of the afternoon break. Even the non-sleep-deprived individual will benefit from a brief afternoon rest. A mere 5-10-minute period of quiet time for the mind and spirit can work wonders. There has been much written on the benefits of napping. If your mindset requires small print in black and white then search the Internet (I enjoy [www.thriveonline.com](http://www.thriveonline.com)) or your local library for nap related articles.

But if you are in the mood for something delightfully lighthearted, something that left me filled with a warm snuggly feeling then let me introduce you to the good Lady SARK. SARK is a napping advocate who disputes the notion that napping is linked with laziness or sloth. Within the bright and colorful pages of her easy to read book, the reader will find a treasure chest of napping advice. She suggests that, as adult's naptime provides the much need space to repair our souls and put special glue on the broken places. SARK suggests that the crabby and spaced out worker may actually be nap deprived ... deprived of a safe and quite place within.

Are you are new to napping? You may find SARKS napping stories and suggestions most inspiring. Napping in hammocks, on car seats, in airplanes or break rooms and of course, whenever possible, nap with your favorite pillow and blanket.

Perhaps you think yourself much too busy to nap ... read this book you may change your mind.

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