

WHY DO I KEEP WAKING UP AT 4 AM?



**Sleep cycle
disturbances**



**Sleep disorders
like insomnia**



**Certain
medications**



**Chronic
stress**



**Late caffeine
consumption**



**Nocturnal
urination**

How To Wake Up

Camilla Rothe



How To Wake Up:

How to Wake Up Toni Bernhard, 2013-08-19 Intimately and without jargon *How to Wake Up* A Buddhist Inspired Guide to Navigating Joy and Sorrow describes the path to peace amid all of life's ups and downs Using step by step instructions the author illustrates how to be fully present in the moment without clinging to joy or resisting sorrow This opens the door to a kind of wellness that goes beyond circumstances Actively engaging life as it is in this fashion holds the potential for awakening to a peace and well being that are not dependent on whether a particular experience is joyful or sorrowful This is a practical book containing dozens of exercises and practices all of which are illustrated with easy to relate to personal stories from the author's experience

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