



I am a Champion. I LOVE LIFE. Part 3, Sleeping

George Parker

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Welcome to the 'Best self. I am a Champion. I LOVE LIFE' series. This is the third part. Sleep is a crucial aspect, just as crucial as the other. You NEED sleep in order to survive. In this part we will discuss why, how much, when and everything else you are dying to know.

In every part we will discuss a series of topics that is asked the most by my students. We approach the topics in a variety of ways, all to make sure you understand why it is necessary and what the benefits are of the specific topic. The three parts of the series are

- 1) The healthy Diet
- 2) Working out
- 3) Sleeping

This is the triangle. Once every step is acknowledged AND achieved, life has no boundaries. There are far more topics to discuss which is discussed in the master book called 'The Triangle Complete'. Recommended for all those who seek the extra motivation and extra love.

Productivity is dependent on the integrity of your brain. The integrity of your brain is based on food, sleep, exercise, mentality and avoidance of toxins. A weak brain has no willpower no matter what you plan to do with it.

In this part the following topics will be discussed and answered:

How much sleep do we really need to work productively?

How important is sleep?

Sleeping positions

Sleep cycle

What is sleep apnea?

How to sleep better

How to put someone to sleep

How to sleep through the night

What is Lucid dreaming?

How to lucid dream?

Why do we dream?

What does my dream mean?

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Helen Green:

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Rick Maldonado:

As people who live in often the modest era should be upgrade about what going on or information even knowledge to make them keep up with the era which is always change and advance. Some of you maybe may update themselves by reading books. It is a good choice for you but the problems coming to anyone is you don't know what one you should start with. This I am a Champion. I LOVE LIFE. Part 3, Sleeping is our recommendation so you keep up with the world. Why, because book serves what you want and want in this era.

William McDowell:

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