



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

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

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**Change Your Life Without Getting Out of Bed: The Ultimate Nap Book SARK**

We all need more naps!

This book is a "Portable Nap" to take along anywhere you need it!

"How lovely it is to rest and then do nothing afterwards"

A Spanish proverb

This book may cause you to feel more:

sexy

funny

creative

intriguing

flexible

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