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**Night Journeys**-Carla Gerona 2004 Early modern Quakers looked to their dreams to gain spiritual insight and developed a potent system of dreamwork that acted simultaneously as a device for gaining and retaining authority and as a democratizing force. Night Journeys recounts how Quakers on both sides of the Atlantic turned their sleeping experiences into powerful stories that advanced a more inclusive—but still imperial—vision of colonial and Revolutionary America. Quakers did not keep their dreams to themselves. On the American mainland, Caribbean plantations, and in the British Isles, Quakers were competing to shape their imperial culture when they circulated dreams beyond meetinghouse walls and influenced larger transatlantic movements for reform. Covering a broad time span that begins with the English civil war and ends with the creation of the American republic, Carla Gerona argues that dreams provided Quakers with mental maps to influence the values of their emerging colonial society, usually, though not exclusively, in progressive ways. Night visions, as Quakers often termed their dreams, contributed to social and cultural changes such as the abolition of slavery and religious reform. Simultaneously, dreams helped Quakers define and delineate their mission in America and the world, fostering innovative concepts of individuality, community, nation, and empire.

**Seneca Possessed**-Matthew Dennis 2012-02-23 Senecas occupied a significant if ambivalent place within the newly established United States. They found themselves the object of missionaries' conversion efforts while also confronting land speculators, poachers, squatters, timber-cutters, and officials from state and federal governments. In response, Seneca communities sought to preserve their territories and culture amid a maelstrom of economic, social, religious, and political change. They succeeded through a remarkable course of cultural innovation and conservation, skillful calculation and luck, and the guidance of both a Native prophet and unusual Quakers. Through the prophecies of Handsome Lake and the message of Quaker missionaries, this process advanced fitfully, incorporating elements of Christianity and white society and economy, along with older Seneca ideas and practices. But cultural reinvention did not come easily. Episodes of Seneca witch-hunting reflected the wider crises the Senecas were experiencing. Ironically, as with so much of their experience in this period, such episodes also allowed for the preservation of Seneca sovereignty, as in the case of Tommy Jemmy, a Seneca chief tried by New York in 1821 for executing a Seneca "witch." Here Senecas improbably but successfully defended their right to self-government. Through the stories of Tommy Jemmy, Handsome Lake, and others, **Seneca Possessed** explores how the Seneca people and their homeland were "possessed"—culturally, spiritually, materially, and legally—in the era of early American independence.

**The Mind Chronicles**-Barbara Hand Clow 2006-12-26 A record of past lives experienced through hypnotic regression • Unlocks the primordial memory bank of planetary
consciousness • Explores the past lives of
spiritual teacher Barbara Hand Clow at sacred
sites during historical periods critical to the
development of human consciousness • With
illustrations by Angela Werneke, illustrator of
Medicine Cards • First editions collectively sold
60,000 copies Combined for the first time in one
updated and revised volume, the three books of
The Mind Chronicles Trilogy--Eye of the Centaur,
Heart of the Christos, and Signet of Atlantis--
show that all the places, times, and beings we
have ever known exist now in our memory banks.
Using the mind state produced during 100
sessions of hypnotic regression, Barbara Hand
Clow unlocks the primordial memory bank--the
records of time in which all humans participate--
offering readers critical information to reflect
upon now. In The Mind Chronicles, Clow guides
readers through 100,000 years of human history,
using in-depth experiences of initiations and
sacred ceremonies to illuminate the forgotten
wisdom of our ancestors. She shows that this
ancient knowledge, which is contained deep
within all of us, is becoming even more relevant
as the Mayan Calendar comes to a close and a
new stage of evolution begins.

Dreaming the English Renaissance-C. Levin
2008-10-13 Dreaming the English Renaissance
examines ideas about dreams, actual dreams
people had and recorded, and the many ways
dreams were used in the culture and politics of
the Tutor/Stuart age in order to provide a
window into the mental life and the most
profound beliefs of people of the time.

Dreaming in Church-Geoffrey G. Nelson
2016-02-10 Humans are created as dreaming
creatures and have been interested in the
meaning of their dreams for thousands of years.
This book offers tools and guidelines to help you
work with your dreams as a practice of your
Christian faith. Drawing on biblical and historical
references as well as modern research, the book
outlines ways to better understand your own
dreams and gives practical advice for beginning
and leading a dream group. The book also
discusses how other contemporary spiritual
practices, such as lectio divina, journaling, and
meditation, can inform your dream work and vice
versa. Dreams are not a secret code and will not
necessarily improve your life forever, but they
can serve as a valuable source of insights and
inspiration in your life. This book will help you
reach a deeper understanding of yourself and
your faith through working with your dreams.

Inventing Eden-Zachary McLeod Hutchins 2014
As Christopher Columbus surveyed lush New
World landscapes, he eventually concluded that
he had rediscovered the biblical garden from
which God expelled Adam and Eve. Reading the
paradisiacal rhetoric of Columbus, John Smith,
and other explorers, English immigrants sailed
for North America full of hope. However, the
rocky soil and cold winters of New England
quickly persuaded Puritan and Quaker colonists
to convert their search for a physical paradise
into a quest for Eden's less tangible perfections:
temperate physiologies, intellectual
enlightenment, linguistic purity, and harmonious
social relations. Scholars have long
acknowledged explorers' willingness to
characterize the North American terrain in
edic terms, but Inventing Eden pushes beyond
this geographical optimism to uncover the
influence of Genesis on the iconic artifacts,
traditions, and social movements that shaped
seventeenth- and eighteenth-century American
culture. Harvard Yard, the Bay Psalm Book, and
the Quaker use of antiquated pronouns like thee
and thou: these are products of a seventeenth-
century desire for Eden. So, too, are the
evangelical emphasis of the Great Awakening,
the doctrine of natural law popularized by the
Declaration of Independence, and the first United
States judicial decision abolishing slavery. From
public nudity to Freemasonry, a belief in Eden
affected every sphere of public life in colonial
New England and, eventually, the new nation.
Spanning two centuries and surveying the work
of English and colonial thinkers from William
Shakespeare and John Milton to Anne
Hutchinson and Benjamin Franklin, Inventing
Eden is the history of an idea that shaped
American literature, identity, and culture.

Faithful Bodies-Heather Miyano Kopelson
2016-04-05 In the seventeenth-century English
Atlantic, religious beliefs and practices played a
central role in creating racial identity. English
Protestantism provided a vocabulary and
structure to describe and maintain boundaries
between insider and outsider. In this path-
breaking study, Heather Miyano Kopelson peels
back the layers of conflicting definitions of bodies
and competing practices of faith in the puritan
Atlantic, demonstrating how the categories of
“white,” “black,” and “Indian” developed alongside religious boundaries between “Christian” and “heathen” and between “Catholic” and “Protestant.” Faithful Bodies focuses on three communities of Protestant dissent in the Atlantic World: Bermuda, Massachusetts, and Rhode Island. In this “puritan Atlantic,” religion determined insider and outsider status: at times Africans and Natives could belong as long as they embraced the Protestant faith, while Irish Catholics and English Quakers remained suspect. Colonists’ interactions with indigenous peoples of the Americas and with West Central Africans shaped their understandings of human difference and its acceptable boundaries. Prayer, religious instruction, sexual behavior, and other public and private acts became markers of whether or not blacks and Indians were sinning Christians or godless heathens. As slavery became law, transgressing people of color counted less and less as sinners in English puritans’ eyes, even as some of them made Christianity an integral part of their communities. As Kopelson shows, this transformation proceeded unevenly but inexorably during the long seventeenth century.

American Literature and the New Puritan Studies-Bryce Traister 2017-09-07 This book reconsiders the role of seventeenth-century Puritanism in the creation of the United States and its consequent cultural and literary histories.

Ordinary Lives in the Early Caribbean-Kristen Block 2012 Kristen Block examines the entangled histories of Spain and England in the Caribbean during the long seventeenth century, focusing on colonialism’s two main goals: the search for profit and the call to Christian dominance. Using the stories of ordinary people, Block illustrates how engaging with the powerful rhetoric and rituals of Christianity was central to survival. Isobel Criolla was a runaway slave in Cartagena who successfully lobbied the Spanish governor not to return her to an abusive mistress. Nicolas Burundel was a French Calvinist who served as henchman to the Spanish governor of Jamaica before his arrest by the Inquisition for heresy. Henry Whistler was an English sailor sent to the Caribbean under Oliver Cromwell’s plan for holy war against Catholic Spain. Yaff and Nell were slaves who served a Quaker plantation owner, Lewis Morris, in Barbados. Seen from their on-the-ground perspective, the development of modern capitalism, race, and Christianity emerges as a story of negotiation, contingency, humanity, and the quest for community. Ordinary Lives in the Early Caribbean works in both a comparative and an integrative Atlantic world frame, drawing on archival sources from Spain, England, Barbados, Colombia, and the United States. It pushes the boundaries of how historians read silences in the archive, asking difficult questions about how self-censorship, anxiety, and shame have shaped the historical record. The book also encourages readers to expand their concept of religious history beyond a focus on theology, ideals, and pious exemplars to examine the communal efforts of pirates, smugglers, slaves, and adventurers who together shaped the Caribbean’s emerging moral economy.

Christian Slavery-Katharine Gerbner 2018-02-07 Could slaves become Christian? If so, did their conversion lead to freedom? If not, then how could perpetual enslavement be justified? In Christian Slavery, Katharine Gerbner contends that religion was fundamental to the development of both slavery and race in the Protestant Atlantic world. Slave owners in the Caribbean and elsewhere established governments and legal codes based on an ideology of "Protestant Supremacy," which excluded the majority of enslaved men and women from Christian communities. For slaveholders, Christianity was a sign of freedom, and most believed that slaves should not be eligible for conversion. When Protestant missionaries arrived in the plantation colonies intending to convert enslaved Africans to Christianity in the 1670s, they were appalled that most slave owners rejected the prospect of slave conversion. Slaveholders regularly attacked missionaries, both verbally and physically, and blamed the evangelizing newcomers for slave rebellions. In response, Quaker, Anglican, and Moravian missionaries articulated a vision of "Christian Slavery," arguing that Christianity would make slaves hardworking and loyal. Over time, missionaries increasingly used the language of race to support their arguments for slave conversion. Enslaved Christians, meanwhile, developed an alternate vision of Protestantism that linked religious conversion to literacy and freedom. Christian Slavery shows how the contentions between slave owners, enslaved people, and missionaries transformed the practice of Protestantism and the language of
race in the early modern Atlantic world.

**The Public Universal Friend**—Paul B. Moyer 2015-09-04 In The Public Universal Friend, Paul B. Moyer tells the story of Jemima Wilkinson and her remarkable church, the Society of Universal Friends. The life of the Public Universal Friend and the Friend's church offer important insights about changes to religious life, gender, and society in Revolutionary America.

**Journeys of the Muslim Nation and the Christian Church**—David W. Shenk 2003-10-12 Islam and Christianity seem to be at opposite and unbridgeable poles, both committed to world mission. Given the political tension and violent acts that sometimes surround these two major world religions, it is essential for both sides to understand the other—its history, beliefs, traditions, and vision for the future. This invaluable resource from David W. Shenk, an expert in comparative religious studies, examines Islam and Christianity at their deepest spiritual, cultural, and communal levels. It explores the similarities, and yet unavoidable differences found in Isaac and Ishmael, Jesus and Muhammad, the Bible and the Qur'an, Jerusalem and Medina, the Eucharist and the Hajj, the Church and the Ummah. Reflecting years of conversations and dialogue with Muslim friends, this is narrative theology, full of anecdote and personal experience that bridges the poles and builds understanding. Part of the Christians Meeting Muslims series

**Protestant Empire**—Carla Pestana 2009-03-13 Beginning with the role religion played in the lives of believers in West Africa, eastern North America, and western Europe in about 1500, author Carla Gardina Pestana shows how the Protestant Reformation helped to fuel colonial expansion as bitter rival

**Dreams and Lives in Ottoman Istanbul**—Asli Niyazioglu 2016-10-04 Dreams and Lives in Ottoman Istanbul explores biography writing and dream narratives in seventeenth-century Istanbul. It focuses on the prominent biographer ‘Atâ’î (d. 1637) and with his help shows how learned circles narrated dreams to assess their position in the Ottoman enterprise. This book demonstrates that dreams provided biographers not only with a means to form learned communities in a politically fragile landscape but also with a medium to debate the correct career paths and social networks in late sixteenth and early seventeenth-century Istanbul. By adopting a comparative approach, this book engages with current scholarly dialogues about life-writing, dreams, and practices of remembrance in Habsburg Spain, Safavid Iran, Mughal India and Ming China. Recent studies have shown the shared rhythms between these contemporaneous dynasties and the Ottomans, and there is now a strong interest in comparative approaches to examining cultural life. This first English-language monograph on Ottoman dreamscapes addresses this interest and introduces a world where dreams changed lives, the dead appeared in broad daylight, and biographers invited their readers to the gardens of remembrance.

**Dreaming in the World’s Religions**—Kelly Bulkeley 2008-07-19 Passing for what you are not—whether it is mulattos passing as white, Jews passing as Christian, or drag queens passing as women—can be a method of protection or self-defense. But it can also be a uniquely pleasurable experience, one that trades on the erotics of secrecy and revelation. It is precisely passing’s radical playfulness, the way it asks us to reconsider our assumptions and forces our most cherished fantasies of identity to self-destruct, that is centrally addressed in Passing: Identity and Interpretation in Sexuality, Race, and Religion. Identity in Western culture is largely structured around visibility, whether in the service of science (Victorian physiognomy), psychoanalysis (Lacan's mirror stage), or philosophy (the Panopticon). As such, it is charged with anxieties regarding classification and social demarcation. Passing wreaks havoc with accepted systems of social recognition and cultural intelligibility, blurring the carefully-marked lines of race, gender, and class. Bringing together theories of passing across a host of disciplines—from critical race theory and lesbian and gay studies, to literary theory and religious studies—Passing complicates our current understanding of the visual and categories of identity. Contributors: Michael Bronski, Karen McCarthy Brown, Bradley Epps, Judith Halberstam, Peter Hitchcock, Daniel Itzkovitz, Patrick O'Malley, Miriam Peskowitz, María C. Sánchez Linda Schlossberg, and Sharon Ullman.
The Dreaming Mind and the End of the Ming World-Lynn A. Struve 2019-03-31 From the mid-sixteenth through the end of the seventeenth century, Chinese intellectuals attended more to dreams and dreaming—and in a wider array of genres—than in any other period of Chinese history. Taking the approach of cultural history, this ambitious yet accessible work aims both to describe the most salient aspects of this “dream arc” and to explain its trajectory in time through the writings, arts, and practices of well-known thinkers, religionists, litterateurs, memoirists, painters, doctors, and political figures of late Ming and early Qing times. The volume’s encompassing thesis asserts that certain associations of dreaming, grounded in the neurophysiology of the human brain at sleep—such as subjectivity, irrationality, the unbidden, lack of control, emotionality, spontaneity, the imaginal, and memory—when especially heightened by historical and cultural developments, are likely to pique interest in dreaming and generate florescences of dream-expression among intellectuals. The work thus makes a contribution to the history of how people have understood human consciousness in various times and cultures. The Dreaming Mind and the End of the Ming World is the most substantial work in any language on the historicity of Chinese dream culture. Within Chinese studies, it will appeal to those with backgrounds in literature, religion, philosophy, political history, and the visual arts. It will also be welcomed by readers interested in comparative dream cultures, the history of consciousness, and neurohistory.

New Critical Studies on Early Quaker Women, 1650-1800-Michele Lise Tarter 2018 New Critical Studies on Early Quaker Women, 1650-1800 offers a reassessment of early Quaker women. With a central focus on gender, the contributors highlight new discoveries and interpretations about these transatlantic women Friends. It is the first edited collection to approach the gendered dimension of the Quaker movement. Divided into three parts, the volume connects the richly woven threads of Quaker women’s studies: Revolutions, Disruptions, Networks. This authoritative collection crosses divides - between centuries, spanning continents and cultures - and is the first to merge academic disciplines that are often artificially separated and that do not foreground the intricacies of women’s experience.

Quaker Studies, An Overview: The Current State of the Field-C. Wess Daniels 2018-03-22 Jon R. Kershner, Robynne Rogers Healey and C. Wess Daniels explore the historiography and contemporary fields of Quaker theology and philosophy, history, and the rise of sociology. Developments within Quaker Studies are compared to external sources and tracked over time.

Benevolent Colonizers in Nineteenth-Century Australia-Eva Bischoff 2020-01-02 This book reconstructs the history of a group of British Quaker families and their involvement in the process of settler colonialism in early nineteenth-century Australia. Their everyday actions contributed to the multiplicity of practices that displaced and annihilated Aboriginal communities. Simultaneously, early nineteenth-century Friends were members of a translocal, transatlantic community characterized by pacifism and an involvement in transnational humanitarian efforts, such as the abolitionist and the prison reform movements as well as the Aborigines Protection Society. Considering these ideals, how did Quakers negotiate the violence of the frontier? To answer this question, the book looks at Tasmanian and South Australian Quakers’ lives and experiences, their journeys and their writings. Building on recent scholarship on the entanglement between the local and the global, each chapter adopts a different historical perspective in terms of breadth and focused time period. The study combines these different takes to capture the complexities of this topic and era.

The Hero Journey in Literature-Evans Lansing Smith 1997 This book provides an overview of the hero journey theme in literature, from antiquity to the present, with a focus on the imagery of the rites of passage in human life (initiation at adolescence, mid-life, and death). This is the only book to focus on the major works of the literary tradition, detailing discussions of the hero journey in major literary texts. Included are chapters on the literature of Antiquity (Sumerian, Egyptian, Biblical, Greek, and Roman), the Middle Ages (with emphasis on the Arthurian Romance), the Renaissance to the Enlightenment (Shakespeare, Milton, Marvell, Pope, Fielding, the Arabian Nights, and
A Biographical Dictionary of Eminent Scotsmen
Robert Chambers 1875

Magic Nights-Katie Hawn 2011-07-15 Do you crave a good night's sleep? Would you like some great dreams too? How would you like to feel when you wake up in the morning? Maybe you would you like to solve a problem during the night or have a brilliant idea. It's all possible. Using Dr. Hawn's techniques, every night you can put these three FREE resources to work for you - time, your brainpower and the power of the universe. There is a vast ocean of potential out there to explore every night. You don't have to be psychic, or even spiritual. This Magic Nights book is an empowering and powerful tool that is completely customizable to your style and needs. Dr. Hawn, a Chiropractor, cranial specialist and lifelong meditator, will teach you how to be the captain of your Magic Nights ship, set your itinerary, gather your crew and, in the morning, bring back treasures of your very own.

The Journey into Egypt Tarot Guide-Julie Cuccia-Watts

The Story of the Pullman Car-Joseph Husband 2020-08-03 Reproduction of the original: The Story of the Pullman Car by Joseph Husband

Heavenly Journeys, Earthly Concerns-Brooke Olson Vuckovic 2004-03-01 This book examines how an elite group of traditionists, historians and theologians shaped Muslims’ perceptions of their prophet, their community and their behavior by retelling and interpreting the story of Muhammad’s ascent to heaven (the mi’raj).

Electrical Engineer- 1887

The Islamic Context of The Thousand and One Nights-Muhsin J. al-Musawi 2009-05-13 In this fascinating study, Muhsin J. al-Musawi shows how deeply Islamic heritage and culture is embedded in the tales of The Thousand and One Nights (known to many as the Arabian Nights) and how this integration invites readers to make an Islamic milieu. Conservative Islam dismisses The Thousand and One Nights as facile popular literature, and liberal views disregard the rich Islamic context of the text. Approaching the text with a fresh and unbiased eye, al-Musawi reads the tales against Islamic schools of thought and theology and recovers persuasive historical evidence to reveal the cultural and religious struggle over Islam that drives the book’s narrative tension and binds its seemingly fragmented stories. Written by a number of authors over a stretch of centuries, The Thousand and One Nights depicts a burgeoning, urban Islamic culture in all its variety and complexity. As al-Musawi demonstrates, the tales document their own places and periods of production, reflecting the Islamic individual’s growing exposure to a number of entertainments and temptations and their conflict with the obligations of faith. Aimed at a diverse audience, these stories follow a narrative arc that begins with corruption and ends with redemption, conforming to a paradigm that concurs with the sociological and religious concerns of Islam and the Islamic state. By emphasizing Islam in his analysis of these entertaining and instructional tales, al-Musawi not only illuminates the work’s consistent equation between art and life, but he also sheds light on its underlying narrative power. His study offers a brilliant portrait of medieval Islam as well, especially its social, political, and economic institutions and its unique practices of storytelling.

Dreams That Matter-Amira Mittermaier 2010-12-16 Dreams that Matter explores the social and material life of dreams in contemporary Cairo. Amira Mittermaier guides
the reader through landscapes of the imagination that feature Muslim dream interpreters who draw on Freud, reformists who dismiss all forms of divination as superstition, a Sufi devotional group that keeps a diary of dreams related to its shaykh, and ordinary believers who speak of moving encounters with the Prophet Muhammad. In close dialogue with her Egyptian interlocutors, Islamic textual traditions, and Western theorists, Mittermaier teases out the dream’s ethical, political, and religious implications. Her book is a provocative examination of how present-day Muslims encounter and engage the Divine that offers a different perspective on the Islamic Revival. Dreams That Matter opens up new spaces for an anthropology of the imagination, inviting us to rethink both the imagined and the real.

The Life of Edwin Wallace Parker, D. D.-J. H. Messmore 1903

The Sacred History of the World Attempted to be Philosophically Considered, in a Series of Letters to a Son ... Sixth Edition-Sharon Turner 1836

Journeys Into Night-Donald Ernest Charlwood 2005 This, the second book of the author's autobiography, is now published by Burgewood Books. It covers the years 1939 to 1945—years of World War II. The author’s Bomber Command experiences and those of the 19 men with whom he trained, are related in such detail that this book is much more than a memoir. Journeys into Night is notable for the clarity and power of its writing. Don Charlwood's wartime experiences are recreated in vivid and moving detail. (Professor Elizabeth Webby). Journeys into Night won the Fellowship of Australian Writers (Vic) Christina Stead Award in 1991 and winner of the Fellowship of Australian Writers (Vic) Herb Thomas Award for biography, autobiography or memoir, also in 1991.

A Holy Nation-Sarah Lelia Crabtree 2007 From its inception in the 1660s as a millennial sect, the Society of Friends (Quakers) forged a truly Atlantic community. Its itinerant ministry, the Public Friends, reinforced religious ties across several continents and flourished despite the eighteenth and nineteenth-century wars for empire and independence that characterized the "Age of Revolution" (1750-1820) ... [This] project explores this conflict between religion and nation, arguing that the Society of Friends represented an alternative political identity and guiding principle at the turn of the nineteenth century.--From the author's abstract

The Book of the Thousand and One Nights-J.C. Mardrus 2013-08-21 First published in 1986. Routledge is an imprint of Taylor & Francis, an informa company.

The Southern Friend- 2002

The magical circle School Newsletter: November 2009-Colleen Criswell

Modeh Ani-David Birnbaum 2017-02 To reference death as sleep is commonplace. Indeed, so usual is the use of the terminology of rest, repose, and slumber to denote the process of dying and, indeed, death itself, that such linguistic turns barely call attention to themselves at all: to wish aloud that a deceased individual rest in peace could hardly be more ordinary a prayer even for moderns little given to lyrical expression or to the use of metaphor in daily speech. But to approach the equation from the other direction—and so to assert that, no less than death is sleep, sleep is death, or at least death dialed down sufficiently to deprive it of its permanence and awful finality—is less common a thing to say...and it is even less common than that actually to believe. Indeed, although the Talmud, speaking with strange precision, asserted long centuries ago that sleep is precisely one-sixtieth of death, it is hard to find moderns who comfortably or naturally think of awakening from a night’s sleep as a kind of daily resurrection.1 Consider, for example, the undeservedly obscure prayer of Sir Thomas Browne, the seventeenth-century English polymath, who movingly wrote:

A Good Night's Sleep-Jan Sadler 2008-08-13 How to overcome insomnia with visualization, breathwork, and meditation • Presents mental and physical exercises to quiet mental chatter, visualizations to prepare for sleep, and deep
breathing and mindfulness meditation techniques
• Explains how to establish and analyze a sleep diary and how to retrain the body to sleep solidly
In A Good Night’s Sleep, Jan Sadler teaches the skills needed to break the patterns and frustration of insomnia. She explains how to overcome stress and restlessness through meditation and deep diaphragmatic breathing, how to prepare for sleep through positive visualization, and how to quiet mental chatter with awareness and physical techniques such as the “Stop/Cancel/Change” and “Shakeout” exercises. Sadler addresses how to reduce dependence on sleeping pills, determine the amount of sleep you truly need, and, most important, how to retrain yourself to sleep soundly. She provides a two-week sleep diary and shows step-by-step how to identify and analyze any underlying daytime and pre-bedtime habits that can disturb sleep. By revealing the keys to quality, drug-free sleep, A Good Night’s Sleep enables you to reclaim control of your sleep cycle and your life.