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By Dale Hanson Bourke

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Additional Physical Format: Online version: Bourke, Dale Hanson. Sleep management plan. San Francisco : Harper, 1990 (OCOLC)761203599: Document Type: <http://www.worldcat.org/title/sleep-management-plan/oclc/21232077>

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Dale Carnegie If you can't sleep, then get up and do something instead of lying there and worrying. It's the worry that gets you, not the loss of sleep.

http://www.quotationspage.com/quotes/Dale_Carnegie

Dale Hanson Bourke | Making sense of tough -

Go and Tell. Posted on July 13, 2015; by Dale Hanson Bourke; in Uncategorized; The first time I visited a poor country I was suddenly aware of my true value to the world.

<http://www.dalehansonbourke.com/>

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This book is annoyingly written, and could be condensed, but I wasn't bothered by that. The point is that you can reduce the amount of sleep you get.

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Dale Hanson Bourke is the author of The Israeli-Palestinian Conflict (4.29 avg rating, 31 ratings, 11 reviews, published 2013),

http://www.goodreads.com/author/show/175917.Dale_Hanson_Bourke

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The Sleep Management Plan. Published October 01, 1990 Publisher Harpercollins; A sleep management plan that creates valuable time for all the personal activities

<http://www.dalehansonbourke.com/book/sleep-management-plan/>

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<http://forums.phoenixrising.me/index.php?threads/sleep-reduction-strategy-for-better-health-interesting-story.20091/>

Nonfiction Book Review: The Sleep Management Plan -

Dale Hanson Bourke, Author HarperCollins Publishers \$14.95 (148p) ISBN 978-0-06-250110-3

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