

Take A Nap! Change Your Life. By Mark Ehrman

By Mark Ehrman

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Mark Ehrman is a freelance writer whose work appears regularly in The Los Angeles Times, Playboy, InStyle, and many other newspapers and magazines.

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Take Nap! Change your life. said safety board member Mark R. Rosekind, I am an early riser and take a nap almost every afternoon.
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"There is little change in blood pressure once a subject is actually asleep," Zaregarizi noted, "Extreme Napping", in her book Take a Nap! <http://en.wikipedia.org/wiki/Nap>

Mark Ehrman Berlin, Germany mark@markehrman.com Take A Nap! Change Your Life (Workman, 2006), and is the author and editor of the expatriate guidebook, <http://markehrman.com/>

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