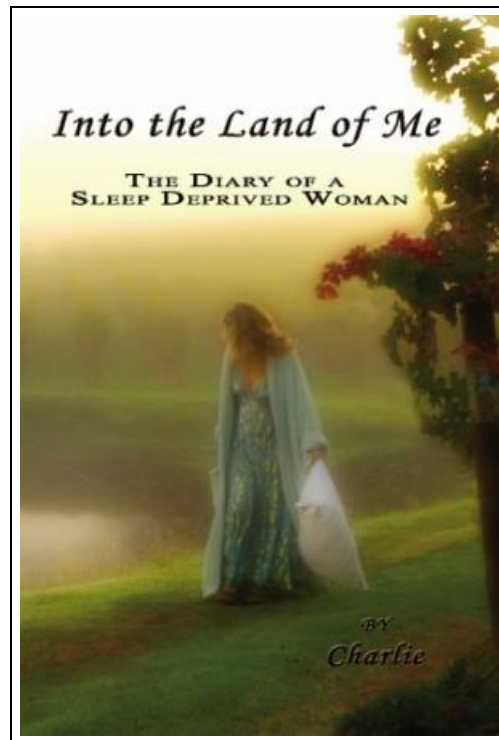


## Into the Land of Me: The Diary of a Sleep Deprived Woman (Paperback)



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## INTO THE LAND OF ME: THE DIARY OF A SLEEP DEPRIVED WOMAN (PAPERBACK)



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Red Rooster Publishing, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Into the Land of Me is a humorous and warm-hearted book that will take you deep into the life and mind of one desperately, sleep-deprived woman. Who hasn't waged this same tragic battle against sleep deprivation? What makes these stories so enjoyable, and so easy to read, is that through them, the reader comes to recognize herself. Stories such as: Motherhood: Look Who's Napping Now and The Day I Took The Leaf Blower To The Dog, invite the reader into the hilarious world of LSD (Land of Sleep Deprivation), where the couch takes on the form of a midnight lover named Larry and trips to Crabby Town become part of the daily routine. Even though these tales will have you laughing out loud, they will simultaneously astound you with their wisdom and depth of insight. This sleepless journey begins to take a turn for the worse, as it becomes clear that our protagonist is not only entertaining sleep deprivation, but has also stepped into the tumultuous land of Midlife Crisis, where ED (Estrogen Depletion) comes on the scene and demands her constant attention. The trials that emerge from the ever-changing human mind, body and spirit don't get the best of her. In fact, just the opposite; it is fierce grace that allows her to step into her place of power and in the end, discover what is most important-herself.



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