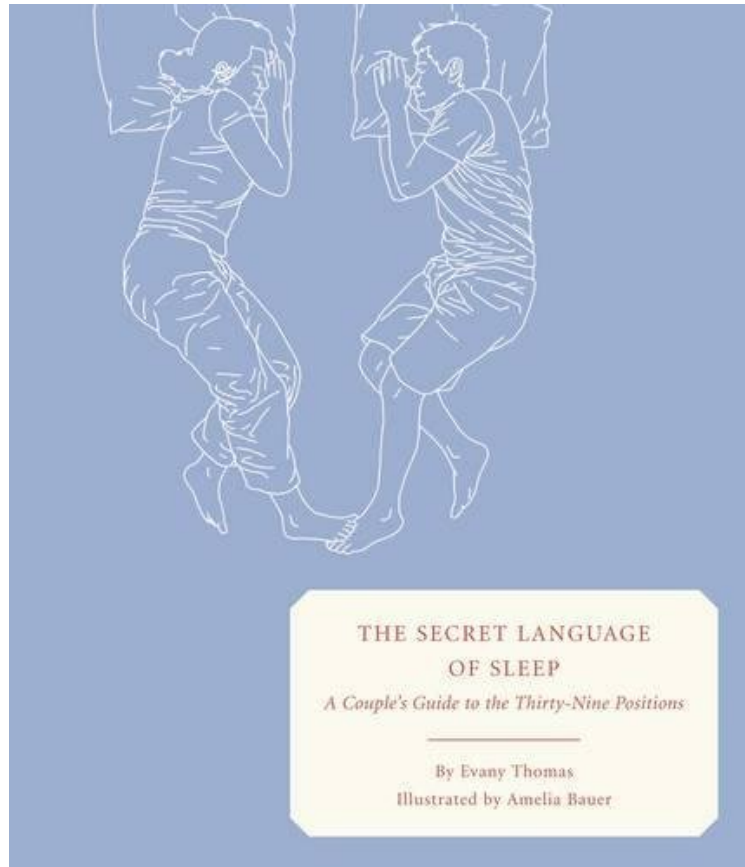


## The Secret Language of Sleep: A Couple's Guide

*Evany Thomas*

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**Evany Thomas : The Secret Language of Sleep: A Couple's Guide** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Secret Language of Sleep: A Couple's Guide:

0 of 0 people found the following review helpful. Zzzzzzzzzzz.....By Jason PeikoffSleep, we all do it and many of us love it more than life itself. This book is like the Kama Sutra for sleeping positions, but it goes into greater detail as to the type of person that uses them and its benefits. Some of the sleep positions may seem kind of unrealistic, but they are worth giving a shot. Also, all of the model diagrams are based upon real people that spent a night in that position. This book is very good for a quick and entertaining read. It makes you think about how you sleep in a whole different way. Buy it, read it, enjoy it, and sleep tight!0 of 0 people found the following review helpful. a good gift, very cute and interesting but largely lovably nonsensicalBy rorkingtonThis book is an adorable little item of humorously meaningless, baseless commentary I'm not a doctor but I'm pretty sure nobody sleeps alot of these ways and also the diagnoses for real positions are essentially poppycock. It is pretty fun to look at everything and kind of a bonding opportunity try to find your positions with your sleep partner, or to imagine different things to try, and It was nice that it wasn't only men and ladies. The visual presentation is also very very charming. I think it's a real cute little object but not an incredible Book in the the classic sense.0 of 0 people found the following review helpful. I can't take it

seriously, but it inspires me to cuddle more. By Russell Yazbeck  
The lady and I have gotten several good laughs out of this book. It is well written, thought provoking, and creative. The illustrations are well done and the captions add some nice flair to the overall execution. It really is a great book and will inspire you to cuddle more with your partner. I know I have been cuddling a lot more!

Some couples wonder if they have the mettle for a committed relationship, or the momentum for long-distance love, or the reflexes for fighting crime. Unsure couples waste years looking for answers in each other's eyes, or in the offices of behavioral therapists. And yet, each night their sleeping bodies reveal more than any doctor or private detective could ever discover. With this book, a couple can unlock the meaning of their chosen pose. All thirty-nine poses (including Classic Spoons, the Tobogganer, and Softserve Swirl) come with easy-to-identify illustrations, detailed descriptions, and training tips. Handy icons indicate which positions are most therapeutic for snorers, outdoorsmen, or those who work on their feet.

The Secret Language of Sleep is oddly and deeply romantic. -- SF Weekly  
For mates completely stuck in their Pinching Koala and Tree ways (lots of knee squeezing) or who are avowed Ticket Punchers (plenty of hot toe-on-toe action), Thomas purports to explain what each snuggle means using a mixture of research ranging from hard science to soft tarot, with a sprinkling of survival guides, yoga and ventriloquism thrown in for good measure. -- New York Post  
Hugely entertaining and deadpan smart! -- O Magazine, December 2006  
Thanks to Thomas's cool dissection of shared sleep strategies and Amelia Bauers' clinical illustrations, you can finally ask with authority, "What happened? Why ... don't you Springloader me anymore?" -- V Magazine  
Ultimately, this is the message Thomas wants readers to take from her book: Flexibility and open-mindedness are essential when it comes to sleep poses. Falling into a sleep position rut could prove detrimental not just in a relationship, but in all aspects of one's life. -- The National Post  
About the Author  
Evany Thomas is a writer living in San Francisco. She sleeps on her side with her left arm folded into a pillow.