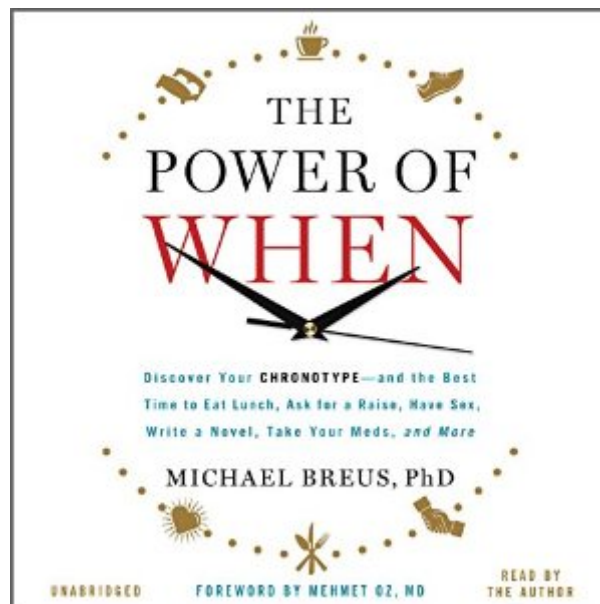


The book was found

The Power Of When: Discover Your Chronotype - And The Best Time To Eat Lunch, Ask For A Raise, Have Sex, Write A Novel, Take Your Meds, And More



Synopsis

Learn the best time to do everything - from drink your coffee to have sex or go for a run - according to your body's chronotype. Most advice centers on what to do or how to do it and ignores the when of success. But exciting new research proves there is a right time to do just about everything, based on our biology and hormones. As Dr. Michael Breus proves in *The Power of When*, working with your body's inner clock for maximum health, happiness, and productivity is easy, exciting, and fun. *The Power of When* presents a groundbreaking new program for getting back in sync with your natural rhythm by making minor changes to your daily routine. After you've taken Dr. Breus' comprehensive Bio-Time Quiz to figure out your chronotype (are you a Bear, Lion, Dolphin, or Wolf?), you'll find out the best time to do over 50 different activities. Featuring a foreword by Mehmet C. Oz, MD, and packed with fascinating facts, fun personality quizzes, and easy-to-follow guidelines, *The Power of When* is the ultimate life hack to help you achieve your goals.

Book Information

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Customer Reviews

Dr. Michael Breus has written a book that will cause you to rethink virtually every area of your life. This book is about so much more than just time management and when to do things, it explores your Chronotype and breaks down more than 100 circadian patterns to discover your personal best time to do everything based on your chronotype. The book starts with a simple quiz that helps you determine your Chronotype. Chronotype is the scientific study and classification of your personal biological energy patterns based on circadian rhythms. Everyone has a unique chronotype that determines your peak energy flows throughout the day. The book also helps you understand the

positive combination of hormones with your peak energy states in every area of your life. By understanding the critical combination of hormone production and energy you can time the best time of the day to do everything. After taking the quiz, I found out I was a bear chronotype. I've begun using the timing suggestions for when to sleep and wake up and when to be most effective in my work and so far, I've woken up more refreshed every day. It did require that I make a change to when I went to bed and got up. There is a formula for determining your best time to sleep based on your chronotype. I also moved as much of my work as I could that required strong problem solving into different areas of the day and it has made a significant difference in my ability to focus. Each chapter focuses on a specific topic like when to exercise, when to have sex, when to focus on creative efforts, or when to sleep and breaks the chapter down for your chronotype. I like the specificity of each section for the chronotype. After a brief introduction to the topic of each chapter you can dig into what is relevant to you.

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