

YOU NEED MORE SLEEP

ADVICE FROM CATS



BY FRANCESCO MARCIULIANO

AUTHOR OF THE *NEW YORK TIMES* BESTSELLING BOOK *I COULD PEE ON THIS*

You Need More Sleep Advice From Cats

Francesco Marciuliano



You Need More Sleep Advice From Cats:

You Need More Sleep Francesco Marciuliano, 2022-07-26 Life wisdom from the New York Times bestselling author of *I Could Pee on This* Learn how adopting a cat like state of mind will ensure you prosper Catster Our feline friends have spent eons observing napping pondering napping and taking notes about the human condition In between naps they ve realized that we humans could use some catlike guidance when it comes to handling the ups and downs of life In this book they ve condescended to share their invaluable wisdom in short advice columns such as Always Stay at Least 30 Feet from a Loved One and Never Let Anyone Dress You Whether it s coping with romance surviving a social gathering or clawing your way to the top of the corporate ladder only to realize you can t get down the cats in this book will have you relaxed and ready to take on the world Just after one more nap *I Could Pee on This, Too* Francesco Marciuliano, 2016-08-16 There s a new cat in town This feisty sibling of the international bestseller *I Could Pee on This* will be making its own sensational mark in the cat poetry world *I Could Pee on This Too* explores fresh feline emotions and philosophical musings through cats own poetry such as Welcome New Cat Sleeping My Life Away and You Also Live Here Any cat lover who s longed for a deeper look into the enigmatic world of their cats will fall whiskers over paws for this well versed follow up **Oh. It's You.** Francesco Marciuliano, 2023-10-03 From the author of the beloved *I Could Pee on This* series comes a new book of hilarious love poems from cats to their people Cats have so many ways to say I love you Sometimes it s a gentle purr and a slow blink Sometimes it s a tiny dead animal offered in tribute And sometimes it s expressed in that deepest of cat love languages poetry The author of the internationally bestselling series of tongue in cheek poetry helps cats put paw to keyboard to express the depth of their feline feelings in odes to breakfasts on time please ripped up rugs it s a sign of affection the importance of keeping watch in the bathroom and the perfect cardboard box that the expensive and totally ignored new cat bed arrived in Illustrated by adorable and goofy cat photos this book is the purrfect combination of snarky and sweet that every cat person knows is cat for true love CAT PHOTOS GALORE Illustrated by a collection of feline models striking poses that are charming affectionate standoffish and just plain silly this whimsical poetry book reveals kitties at their most lovable IDEAL GIFT FOR CAT LOVERS The humor in the poems is based on universal experiences shared by all cats and their owners For that crazy cat lady or cat mom dad in your life this poetry book makes for the perfect cat themed gift for anyone obsessed with their pet MINI COFFEE TABLE BOOK Enchant visitors with this hand held volume of the best cat poetry sure to delight book lovers and humor enthusiasts alike Perfect for Lovers of cats and cat stuff of all kinds Fans of *I Could Pee on This* Gift for Valentine s Day Galentine s Day birthdays or any occasion that could use a little love Readers who love funny books about or by cats *How to Sleep Well* Neil Stanley, 2018-07-27 It has never been more important to sleep well Stop sabotaging your own sleep and finally wake up energised and refreshed *How to Sleep Well* is a guidebook that can change your sleep and help you live your life more fully Whether you struggle to fall asleep sleep too lightly wake too often or simply cannot wake up this book can

help you get on track to sleeping well and living better It all starts with the science of sleep how much you really need what your body does during sleep and the causes behind many common sleep problems Next you ll identify the things in your life that are disrupting your sleep cycle and learn how to mitigate the impact whether the pressure of workplace or you simply cannot quiet your own mind these expert tips and tricks will help you get the sleep you need Finally you ll learn how to support healthy sleep during the waking hours what works with or against your sleep and you ll learn when the problem might be best dealt with by your GP Don t spend another restless night waiting for a bleary groggy morning and sleepy day Take control of your sleep tonight Learn how sleep or a lack thereof affects every aspect of your life Identify the root causes of your sleep issues and cut them off at the source Discover the sleep advice that works and the tips that are just plain daft Create a healthy calming bedtime routine that will help you get the rest you need Sleep affects everything Work and school performance relationships emotional outlook your appearance and even your health Sleeping poorly or not sleeping enough can dramatically impact your quality of life but most sleep problems can be solved with a bit of self adjustment How to Sleep Well puts a sleep expert with over 36 years experience at your disposal to help you finally get the restful restorative sleep you need to live better and be productive

The Cat Purrsonality Test Alison Davies,2022-01-25 Feline friend or foe Follow nine puss personality tests to find out Answer 81 multiple choice questions to find out who your pet really is and how their mysterious mind works Questions are organised by classic cat behaviours and life areas from sleeping habits and vocal communication to their sense of adventure and unique cattitude Match your answers to one or more of the 36 colourful puss profiles to demystify their pet peeves and strange habits and read on to become a moggy mastermind

The Complete Guide to Adopting a Cat Laura Cassiday,2021-11-23 Certified cat behavior consultant Laura Cassiday used her extensive experience working at the Maryland SPCA to help her write the definitive guide book for anyone who has recently adopted or is considering adopting a new cat Using input and interviews from over 40 shelter and rescue organization experts this book covers every topic and question a new cat owner will need to know to successfully integrate their new cat into their home and life Topics covered include Choosing the correct cat for your home and lifestyle What to do if you ve found a stray cat or kittens Becoming a cat foster parent Bringing your new cat home supplies safe spaces and introductions Cat nutrition Grooming and shedding Cat health care Troubleshooting problems Litter Boxes Issues Destructive Scratching Biting and Aggression Fear and Anxiety Nuisance Behaviors Counter Surfing Excessive Meowing and More Carrier Training Giving Medication Playtime and enrichment Senior Cat care So you ve decided to adopt a cat Easy right You just go to the closest shelter pick out the cute fluffy orange one and live happily ever after Although this is exactly what goes through the minds of many would be cat adopters picking out your new best friend can be a little more complicated I mean if you get a kitten you re looking at a 15 20 year commitment I once had one of my cats live to be 27 And what happens if they don t like your other pets Or your kids Even worse what if they stop using their litter box And how often do cats even need to go to the vet anyway

Even for impulsive people like myself you have to at least put a little bit of thought into it That s where this book comes in It s a comprehensive guide to all things cat adoption If you don t know where to start this is a good place If you ve just brought your new kitty home and have questions we ll cover that too Even if you ve already had a cat for a while you re guaranteed to learn something new So grab your catnip and feather wand and let s get started All you need to know about your cat World best stories,2022-04-13 We received a lot of questions related from cats owners so we decided to provide you in this book all the relevant information that we allow you to take care of your precious cats If you are thinking about getting a cat or already are a cat owners this book is the only book you need It will answer all your pending questions related to the cats

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