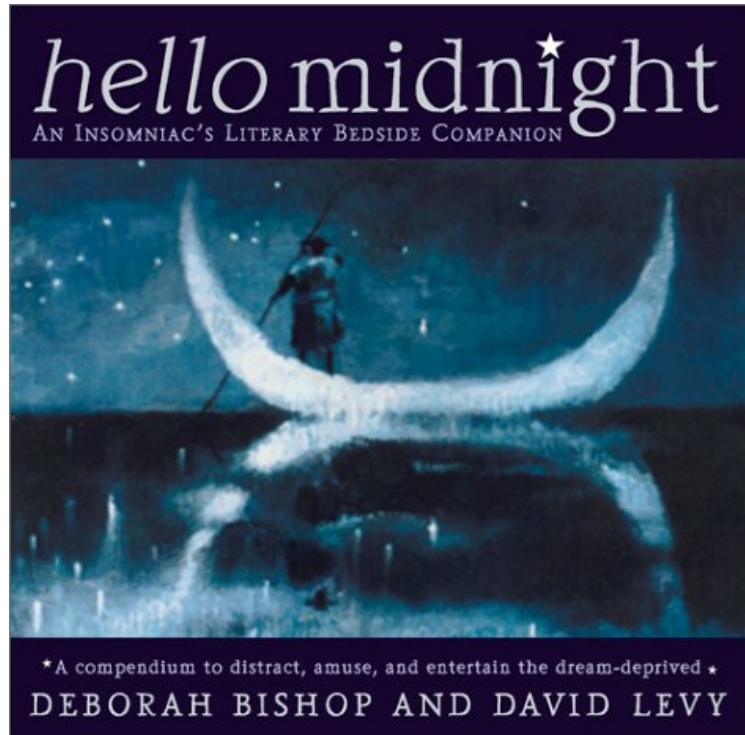


[Download ebook] Hello Midnight: An Insomniacs Literary Bedside Companion

Hello Midnight: An Insomniacs Literary Bedside Companion

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Deborah Bishop, David B. Levy : Hello Midnight: An Insomniacs Literary Bedside Companion before purchasing it in order to gage whether or not it would be worth my time, and all praised Hello Midnight: An Insomniacs Literary Bedside Companion:

4 of 8 people found the following review helpful. Much less than meets the eyeBy Eileen G.This is a little book besieged by the enactment of an unfortunate design concept. It's a riot of visual stimulation - for a reason I couldn't fathom. The various font sizes (six point all the way up to 72 or so - white,, greys, black, squeezed close, far apart, italic, bold) present a visual challenge. Pages are variously white, pale grey, medium grey, black. Text is superimposed on photographs. The effect of the half-tones, great-big, teeny-weeny, moody/chipper/quiet/loud art and design is a feeling of confusion, and then - a suspicion that this is a comparatively big hullabaloo over very little. The quotations can for the most part be found in a variety of other collections. (Some of the best ones are from F. Scott Fitzgerald's notes and diaries, published years ago as "The Crack Up.") I found it disturbing that sometimes a truly small thought is presented in big font size. In addition, the names of the authors of the remarks are often so small (or pale) as to provoke eyestrain. One page 82, for example, Shakespeare and Raymond Chandler are paired. The unfortunate coupling minimizes each author's remarks on insomnia.The editors occasionally contribute their own glib observations, and more often than not they come off as self-congratulatory and narrowly focused. They contribute some remarks on REM sleep (among them "Kittens on the Verge of a Nervous Breakdown," and a suggestion that you experiment on your bed partner by "accidentally" waking him or her up when you see a twitching of the eyelids) that

are actually downright bothersome. A disappointing read. 2 of 3 people found the following review helpful. Celebrating the Lost Snooze By dashie alexander When I first heard of this book on National Public Radio, I was intrigued by the concept and charmed by the hyperkinetic co-author being interviewed. Now that it's been on my bedside table for a week or so, I'm also delighted by its voluminous points of view on sleeplessness. It's difficult to build a coherent presentation out of a potpourri of quotes and anecdotes, but the authors (and their invaluable partner, a smart graphic designer in tune with the text's ever-changing moods) have turned this obstacle to its best advantage. Their source material -- which ranges from pop song lyrics to the musings of Balzac, Kerouac, and Hemingway -- is designed to be dipped into randomly. Ultimately, the book's structure mirrors the way my mind works when I'm awake at 3 a.m.: skipping from one thought to another, by turns amused or terrified, morose or elated. Behind this "open-any-page--discover-what's-there" strategy, there is a master plan by which the authors artfully investigate the many facets of this strange and uniquely human phenomenon. Insomnia can be a muse, a mistress, an omen of madness, a stimulus to imagination, a chance to get work done, a temporary malady or a lifelong obsession. All of these states of mind -- plus a number of amusing historical, biographical, cultural and scientific anecdotes -- are celebrated quite nicely in this unusually diverting volume. Ultimately, the book is something like insomnia itself -- not a road you travel from A to Z, but a world you experience in bouts of agony, ecstasy, and wry amusement. 1 of 1 people found the following review helpful. Insomniacs Unite! By A Customer Insomniacs unite! We are not alone! Between these covers there's a shockingly compelling assortment of thoughts on insomnia from such unlikely bedmates as Raymond Carver, Leadbelly, Kafka, Bob Dylan, Proust, R.E.M., Dorothy Parker, The Barenaked Ladies, Nabokov...and a whole bunch more. Plus all kinds of fascinating little science tidbits (learn what all these sleepless nights are doing to our brains - ouch!) and historical anecdotes about mythologizers from Stalin to Marilyn Monroe. I especially liked the sidebars about books and movies that feature sleeplessness as a theme; now I can hold my own Insomnia Film Festival. I also like the balance of humor and seriousness about what seems to be the epidemic of the new millennium. I know five or six insomniacs I have to buy this for.

"in the wee hours" For people to whom sleep comes easily, the night is a welcoming place. For those who hold no visa for the state of REM, minutes pass like hours. The brain of the insomniac defies sleep with endless musings and ramblings, recriminations and replayed conversations. Here, then, is a mini-Baedeker for the dream-deprived, designed to divert your gaze from the leering glare of the digital clock with soothing diversions and charming distractions, including: Pithy reflections on insomnia from thinkers and writers ranging from Job, Dorothy Parker, and Marcel Proust to Shakespeare, Bob Dylan, F. Scott Fitzgerald, and Leadbelly Eye-opening facts about famous insomniacs, including Marilyn Monroe's explanation of her relentless wakefulness 85 topics of regret, remorse, resentment, and recrimination, from the age-old question "What if everything my mother told me turns out to be true?" to the timeless favorite "Why did I have unprotected sex with my personal trainer?" A tongue-in-cheek guide to sleeping aids, from herbs and pharmaceuticals to sex and Wagner