

# OMNIA AND SLEEP PROBLEMS ONE STEP AT A TIME USING EVIDENCE-BASED L

## How To Beat Insomnia And Sleep Problems One Step At A Time Using Evidence-based Low-inten

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Though he's a good Baptist, Daddy isn't without a thirst for vengeance." She had lighted one candle for each of eleven apostles, none for the twelfth, Judas, the betrayer. Consequently, after burning a fragment of the cards in each votive glass, she was left with one piece..Among these people was an old man whom they called, among themselves, the Changer. He showed Otter a few spells of illusion; and when the boy was fifteen or so, the old man took him out into the fields by Serrenen to show him the one spell of true change he knew. "First let's see you turn that bush into the seeming of a tree," he said, and promptly Otter did so. Illusion came so easy to the boy that the old man took alarm. Otter had to beg and wheedle him for any further teaching and finally to promise him, swearing on his own true and secret name, that if he learned the Changer's great spell he would never use it but to save a life, his own or another's..During the girl's final appointment, Junior discovered she would be home alone that same night, her parents at a function she wasn't required to attend. She appeared to reveal this inadvertently, quite innocently; however, Junior was a bloodhound when it came to smelling seduction, regardless of how subtle the scent.."We want the scary one, 'specially if it has spiders, Pixie Lee said squeakily but defiantly..Junior didn't know much about guns. He didn't approve of them; he had never owned one..On Friday evening, he had arranged for the drawing of the aces, but he had not stacked the subsequent twelve cards to provide for the selection of four identical knaves at three-card intervals. He'd sat in stunned.As he'd been instructed, Vanadium felt along the return edge of the carved limestone casing to the right of the window until he located a quarter-inch-diameter steel pin that protruded an inch. The pin was grooved to facilitate a grip. An insistent, steady pull was required, but as promised, the thumb-turn latch on the inside disengaged..Kathleen watched him with obvious amusement, aware that he was savoring her suspense as much as he was the appetizer..Scamp had fabulous legs, and her bralessness left no doubts about the lusciousness and authenticity of her chest, but after an hour of conversation about something or other, before suggesting that they leave together, Junior maneuvered her into a reasonably private corner and discreetly put a hand up her skirt, just to confirm that his gender suspicions were correct..She approached the kitchen table and swept her hand across it, to emphasize its emptiness..As she turned away from him and continued along the hall toward the kitchen, Agnes said, "They'll be as good as new when she's mended them.." "Oh, yes, I recall it now. Polar bears eating tourists in Union Square, wolf packs prowling the Heights.." "Just now." Although Angel tried to sound nonchalant, she was trembling. "I'm not sure I can do it again.." Her name was Victoria Bressler, and she was an attractive blonde. She would never have been serious competition For Naomi, because Naomi had been singularly stunning, but Naomi, after all, was gone..He had been walking ever since, two and a half years, with brief respites in Bright Beach..At 11:45, on her way to bed, Agnes stopped at Barty's room and found him propped against pillows. The book was not particularly large as books went, but it was big in proportion to the boy; unable to hold it open with his hands alone, he rested his entire left arm across the top of the volume..The machine, one in a bank of four, wasn't filled with ordinary newspapers, which cost only a dime, but with a raunchy tabloid aimed at heterosexual swingers.."I know Edom and Jacob have been a burden," said Vinnie, "you having to be responsible for them.." "Oh, it certainly is! It certainly is enough! But ... I don't regret much, you know. But I do regret not being here to see why you and Angel have been brought together. I know it'll be something lovely, Barty. Something so fine.." For eight months following that night, until late September of 1965, Vanadium had been in a coma, and his doctors had not expected him to regain consciousness. A passing motorist had found him lying along the highway near the lake, soaked and muddy. When, after his long sleep, he awakened in the hospital, withered and weak, he'd had no memory of anything after walking into Victoria's kitchen-except a vague, dreamlike recollection of swimming up from a sinking car.."I guess so, but it's not that. I was thinking of something my little girl said.." The sill was about four and a half feet off the lavatory floor. With both hands, Junior levered himself onto it..Intending to keep the front of the gallery under surveillance from behind the wheel of his Mercedes, Junior checked the time as he walked toward the car. His wrist was bare, his Rolex missing.."Yes?" the silver-haired eminence replied, wrinkling his nose as though he suspected that this customer would ask if the display pedestal was included in the price..Currently, Jacob was far removed from the embalming chamber and intended never to set foot there, alive. With Walter Panglo as his guide, he toured the casket selection in the funeral-planning room..He hadn't killed this one, of course. A traffic accident. Wasn't that what Vanadium had said? Ten months ago, following tendon surgery for a leg injury, Seraphim had been an outpatient at the rehab hospital where Junior worked. She was scheduled for therapy three days a week..FOR THE BETTER PART of a week, on doctor's orders, Agnes avoided stairs. She took sponge baths in the ground-floor powder room and slept in the parlor, on a sofa bed, with Barty nearby in a bassinet..For a while, Junior profited enormously from Tammy's investment advice, and the sex was great. As a thank-you for the hefty trading commissions she earned-and not incidentally for all the orgasms-Tammy gave him a Rolex. He didn't mind her four cats, didn't even care when the four grew to six, then to eight..In recounting the fortune-telling session, Agnes had not told the magician about the four jacks of spades, only about the aces of diamonds and hearts. She never wore her worries for anyone to see; and though she had made a joke of the appearance of the fourth knave on Friday, Edom knew that it had deeply troubled her.."No, no. But being around him so much, inevitably I absorb some details. He's a compelling speaker when the subject interests him.." Had he ever thought he could get away with this? He must have been delusional, temporarily mad..Shaking his head, his coffee cup rattling against the saucer, Edom said, "Uh, no, sir,

no, I don't think we've ever met till now." The police. The stupid police. Ringing the bell when they knew he'd been shot. Ringing the damn doorbell when he lay here helpless, the Industrial Woman lurching toward him, his toe on the other side of the kitchen, ringing the doorbell when he was losing enough blood to give transfusions to an entire ward of wounded hemophiliacs. The stupid bastards were probably expecting him to serve tea and a plate of butter cookies, little paper doilies between each cup and saucer. Junior stepped back and squeezed off two shots, aiming for the lock. One round tore a chunk out of the jamb, but the other cracked through the door, shattering more than wood, and the brass knob wobbled and almost fell out. In the motel office, Junior paid for another night in advance. His preference in lodgings didn't run to greasy carpeting, cigarette-scarred furniture, and the whispery scuttling of cockroaches in the dark, but though feeling better, he was too tired and shaky to drive. No one had actually been here. And he still didn't believe in ghosts, so he didn't think that a spirit had been wandering his home in his absence. With every step through the long night walk, Paul had considered what he would say, must say, if this encounter ever took place. Now all his practiced words deserted him. Unfortunately, Caesar Zedd had not written a self-help book on how to commit homicide and escape the consequences thereof, and as before, Junior was entirely on his own. Quiet pool, sweet with the fragrance of jasmine. Under the huge spreading oak. Grass oiled to a glossy green by the Paul withdrew the pistol from the drawer. The weapon didn't feel as good to him as guns always felt in the hands of pulp heroes. SHORTLY BEFORE one o'clock, the Hackachaks descended in a fury, eyes full of bloody intent, teeth bared, voices shrill. "Only for a little while. Then he is joining me at the gallery, and after the show's over, we're having dinner together." His happy expectation thickened into dread when he spotted the ambulance at the curb. And in the driveway stood the Buick that belonged to Joshua Nunn, their family doctor. Maria Elena Gonzalez-no longer a seamstress in a dry-cleaners, but proprietor of Elena's Fashions, a small dress shop one block off the town square-joined Agnes, Barty, Edom, and Jacob on Christmas. The instant he flipped the coin, he opened both hands-palms up, fingers spread-with a distracting flourish. In his mind's eye, he saw the answering machine with uncanny clarity. That curious gadget. Sitting atop the scarred pine desk. Yet he brooded even at breakfast, in spite of the consolation of clotted cream and berries, raisin scones and cinnamon butter. In better worlds, wiser Tom Vanadiums chose different tactics that resulted in less misery than this, in a far swifter conveyance of Enoch Cain to the halls of justice. But he was none of those Tom Vanadiums. He was only this Tom, flawed "land struggling, and he couldn't take comfort in the fact that elsewhere he had proved to be a better man. Agnes leaned forward in her chair: knees together, clasped hands resting on her knees, forehead against her hands. Sudden rain spared her the need to finish the sentence. A few fat drops drew both their faces to the sky, and even as they rose to their feet, this brief light paradiddle of sprinkles gave way to a serious drumming. He ran gasping, praying, feet slapping the concrete sidewalk, frightening birds out of the purple brightness of blossom-laden jacarandas and out of Indian laurels, terrorizing a tree rat into a lightning sprint up the bole of a phoenix palm. The few people he encountered reeled out of his way. Brakes shrieked as he crossed intersections without looking both ways, risking cars and trucks and rhinoceroses. Max hung up. The Ansaphone made a series of small robot-mouse noises and then fell silent. The stump was capped at the end of the internal cuneiform, depriving Junior of everything from the metatarsal to the tip of the toe. He was delighted with this result, because successful reattachment would have been a calamity. In spite of the urgency of his desire, he followed a circuitous route to Victoria's, doubling back on himself twice, watching for surveillance as he drove. If he were being followed, his tail was an invisible man in a ghost car. To Dr. Parkhurst, Vanadium said, "In my work, I see lots of people who've just lost loved ones. None of them has ever puked like Vesuvius." When Agnes had asked him to deliver the pies, before she had set out with Joey for the hospital the previous day, Edom had wanted to beg off, but he had agreed without hesitation. He was prepared to suffer every viciousness that nature could throw at him in this life, but he could not endure seeing disappointment in his sister's eyes. The artist, six feet four and two hundred fifty pounds, looked markedly more dangerous in person than in his scary publicity photo. Still in his twenties, he had white hair that fell limp and straight to his shoulders. Dead-white skin. His deep-set eyes, as silver-gray as rain with an albino-pink undertone, had a predatory glint as chilling as that in the eyes of a panther. Terrible scars slashed his face, and red hash marks covered his big hands, as though he'd frequently defended himself barehanded against men armed with swords. Vanadium's wounds were too grievous to pass for accidental injuries. Even if there were some way to disguise them through clever staging, no one would believe that Victoria had died in a freak fall and that Vanadium, rushing to her side, had slipped and tumbled and sustained mortal head injuries, as well. Such a strong whiff of slapstick would put even the Spruce Hills police on to the scent of murder. Skinny, pasty-faced, chattering sissy," he hissed, still so furious with Neddy that he wanted to jam the pianist's head in the toilet even though he was dead. Jam his head in and stomp on him. Stomp him into the bowl. Flush and flush, stomp and stomp. Wally Lipscomb's face, as long and narrow as ever, seemed not at all like the dour visage of an undertaker, as once it had, but rather like the rubbery mug of one of those circus clowns who can make you laugh as easily by striking an exaggeratedly sad frown as by putting on a goofy grin. She saw a warmth of spirit where once she had seen spiritual indifference, vulnerability where once she had seen an armored heart, great expectations where once she had seen withered hope; she saw kindness and gentleness where they had always been but now in more generous measure than before. She loved this long, narrow, homely, wonderful face, and she loved the man who wore it. Junior actually raised his trembling left hand to his ear, expecting to find the quarter tucked in the auditory canal, held between the tragus and the antitragus, waiting to be plucked with a flourish. Something was very wrong with her, and she tried to speak, but again her voice failed her. "What's this?" the man asked her, as Sinatra swooped through "Come Fly with Me." Bartholomew had been able to focus his eyes much sooner than the average baby was supposed to be able to focus. To a surprising extent, he was already engaged in the world around him. In the closet, a limited wardrobe did not fully occupy available rod space. On the floor, shoes were neatly arranged toe-to-heel. EVERY MOTHER BELIEVES that her baby is breathtakingly beautiful. She will remain unshakably convinced of this even if she lives to be a centenarian and her child has been harrowed by eight hard decades of gravity and experience. And the irony of ironies: With her talent deepening to a degree that she had never dared hope it would, with collectors responding to her vision to an extent she had never imagined possible, with her goals already exceeded, and with great vistas of possibility opening before her, she would throw it all away with some regret but with no bitterness if required to choose between art and Angel, for the child had proved to be the greater blessing. Phimie was gone, but Phimie's spirit fed and watered her sister's life, bringing forth a great abundance. Finding nothing more of interest in the study, he considered searching the rest of the house. Jacob scared people. He was Edom's identical twin, with Edom's boyish and pleasant face, as soft-spoken as Edom, well barbered and neatly groomed. Nevertheless, on the same mission of mercy as Edom, Jacob would

leave the pie recipients in a state of deep uneasiness if not outright terror. In his wake, they would bar the doors, load guns if they owned any, and lay sleepless for a night or two..She was of two minds about this. She wanted him, wanted to be held and cherished, to satisfy him and to be satisfied. But she was the daughter of a minister: The concept of sin and consequences was perhaps less deeply ingrained in some daughters of bankers or bakers than in a child of a Baptist clergyman. She was an anachronism in this age of easy sex, a virgin by choice, not by lack of opportunity. Although she'd recently read a magazine article containing the claim that even in this era of free love, forty-nine percent of brides were virgins on their wedding day, she didn't believe it and assumed that she'd chanced upon a publication that had fallen through a reality warp between this world and a more prudish one parallel to it. She was no prude, but she wasn't a spendthrift, either, and her honor was a treasure that shouldn't be thoughtlessly thrown away. Honor! She sounded like a maid of old, pining in a castle tower, waiting for her Sir Lancelot. I'm not just a virgin, I'm a freak! But even putting the idea of sin aside for a moment, assuming that maidenly honor was as pass? as bustles, she still preferred to wait, to savor the thought of intimacy, to allow expectation to build, and to start their conjugal life together with no slightest possibility of regret. Nevertheless, she had decided that if he was ready for the commitment that she believed he'd already teetered on the edge of expressing three times, then she would set aside all misgivings in the name of love and would lie down with him, and hold him, and give of herself with all her heart..Lowering his surgical mask, Dr. Lipscomb approached Celestina, where she stood with her back pressed to the wall..Across the room, the girl on the window seat showed no awareness of his arrival. She sat sideways to him in the niche, with her back against one wall, knees drawn up, a big sketch pad braced against her thighs, working intently with colored pencils..Halfway home, he heard sirens and saw the beacons of approaching emergency vehicles. He pulled the Suburban to the side of the road and watched as two fire trucks passed, followed by an ambulance..Two more uniformed officers had entered the kitchen, fresh from their search of the apartment. They were amused..The papermaker withdrew a thick wad of hundred-dollar bills from his envelope and, squinting, inspected the currency in the flickering light. "I'm leaving now, but you wait until movie's over..".She lost track of him. Fear knocked, knocked, on the door of her heart, because she was sure that he had vanished the way ships supposedly disappeared in the Bermuda Triangle.. "No, no, dear. It was little Muffin, from next door. A big dog certainly would have torn up both you and the pants. We've got to have a credible story..".Under other circumstances, Agnes might have blushed, but now her apparently irrational fear of too much life insurance had been vindicated.. "That's kind of you," Panglo stammered, "but I have little time for reading, very little time..". "All right," Celestina conceded, and looked relieved. "Thank you, Paul. You're not only an exceptionally brave man but a gracious one, as well..".

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