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Compassion  
Diane Eshin  
Rizzetto**

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What You Do A  
teach the reader about  
a certain subject.

## Meeting Every Waking Up To What You Situation With

Waking up hungry  
likely isn't a cause for  
concern, but you'll  
need to make sure any  
late-night eating isn't  
making you gain too  
much weight. Eat a  
healthy dinner and  
don't go to bed hungry.

## Waking Up Hungry: Causes and What to

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**Do - Healthline**

"Waking Up to What You Do, besides being an inviting title, is also an excellent description of what Buddhist practice is fundamentally about. Diane Rizzetto knows this terrain extremely well. She has lived and practiced it her whole life; her methods, insights, and anecdotes invite readers to do the same.

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**Waking Up to What  
You Do: A Zen  
Practice for Meeting  
Every ...**

wake up to  
(something) To  
become alert to or  
aware of something,  
especially something  
that needs to be  
recognized as a  
problem. You need to  
wake up to what's  
happening instead of  
ignoring the situation.  
If this country doesn't



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Compassion

wake up to the hatred  
that's among us, we're  
going to have a bleak  
future. See also: up,  
wake Farlex Dictionary  
of Idioms ...

## **Wake up to - Idioms** **by The Free** **Dictionary**

Rizzetto

If you wake up early it  
allows you to “be on  
offense, not defense”,  
as Evan Carmichael  
says or as Jim Rohn  
once said, “Either you  
run the day, or the day

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runs you.” In today’s world, full of distraction and interruption, those golden hours between 5 AM and 8 AM give you the opportunity to get ahead and make your dreams come true rather than letting them remain dreams.

### **61 Wake Up Quotes That Will Make You An Early Riser ...**

If you are hearing the wake-up calls now, please don't ignore

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Compassion  
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them. You don't have to wait until your wake-up call becomes a full-blown alarm. You don't have to hit the snooze button any longer. It's true that waking up can be painful, but it's also such a beautiful way to live. And it sure beats sleeping your life away.

### **Waking Up to Live Fully and Passionately - Tiny Buddha**

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Waking up during the night isn't uncommon—a study of 8,937 people in Sleep Medicine estimates that about a third of American adults wake up in the night at least three times a week, and over ...

## **8 Reasons You're Waking Up at Night, and How to Fix Them**

...

However, frequently waking up tired can be

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What You Do A  
a symptom of an  
underlying sleep habit  
or health condition.  
This may be especially  
likely if a person  
continues to feel tired  
throughout the day.

## **Waking up tired: Causes, symptoms, and treatments**

If you wake up during  
the night, anxious  
racing thoughts can  
make it impossible to  
fall back asleep. Plus,  
depression has been

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What You Do A  
strongly associated  
with waking up too  
early and being unable  
to ...

## **7 reasons you can't sleep through the night and how to fix**

... Diane Eshin

Waking up with a panic  
attack can be  
disorienting and  
terrifying. Doctors  
aren't exactly sure why  
some people have  
panic attacks in their  
sleep, but the

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What You Do A  
symptoms and causes  
are likely similar to.

## Meeting Every Situation With Intelligence And Compassion Rizzetto

### **What You Need to Know About Waking Up with a Panic Attack**

Mother is waking her son: "Paulie, come, wake up, you have to go to school." "Aw mom, just a bit more sleep, please." "No, it's really high time, now get up."

**The 40+ Best Wake**  
*Page 15/25*

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## What You Do A **Up Jokes - ↑ UPJOKE ↑**

If you grind your teeth in your sleep, the vibrations will travel up your skeleton and affect your shoulders, neck, and head, often leading to morning headaches and a sore jaw. 6. Cluster headaches. These are known to be among the most painful types of headaches and have a habit of waking you up in the middle of the night or early morning.



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## **Waking up With Headaches: 6 Causes and Treatments**

Waking up confused:  
'Sleep drunk' episodes  
rarely come alone...

The study showed less  
than 1 percent of the  
people who  
experienced sleep  
drunk episodes, had it  
as an isolated health  
issue.

**Stanford: What**  
*Page 17/25*

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**'Waking Up  
Confused' means**

If you wake up and can't get back to sleep after 15 or 20 minutes, get out of bed and do something calming until you feel drowsy again. Resist the urge to grab your phone while you try to get ...

**Waking Up in the  
Middle of the Night:  
Causes and Sleep  
Stages**

8. Tobacco Smoke —  
*Page 18/25*

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The cigarette smoke often damages our blood vessels which leads to increased leakage of fluid. We all know smoking is bad for us, but it can also be reason you are waking up...

## **10 Reasons Why You Are Waking Up Congested | by Wynd | Medium**

Waking up at the same time every night without an alarm clock

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What You Do A  
might be a sign that  
you need to pay For  
attention to. You are a  
human being with  
energies flowing  
through your body that  
you may be unaware  
of.. Previous articles  
have explained energy  
meridians that are  
used in Traditional  
Chinese Medicine.  
These energy  
meridians are  
important for the  
practices of  
acupuncture and

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acupressure.

## Zen Practice For

### **Waking Up Between 3-5AM Can Be A Sign Of A Spiritual ...**

If you suspect that the cause of your nausea when waking up is pregnancy, you should take a home pregnancy test or visit your gynecologist. It is ideal to visit a primary care physician or gastrointestinal doctor to find out if you have a stomach condition or

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food allergy that could be causing your nausea when waking up.

**What Are the Causes of Waking Up With Nausea? | Healthfully**

The journal adds that waking up earlier can also help you identify and diffuse potential problems quickly and efficiently. Luckily, a more productive day is only one piece of the

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What You Do A  
puzzle. In fact,  
research from the  
University of Toronto  
found people who wake  
up earlier are generally  
happier and have a  
better outlook on life.

## **What Are the Benefits of Waking Up Early? The Experts Explain**

If you are used to  
waking up at 7 am,  
work backward and  
start waking up at 6:45  
am, then 06:30 and so

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on. It will make things so much easier for you and it won't feel like such a shock to your body. As humans, we are designed to love to do what we're used to – and if you are not used to waking up early, your brain won't want to either.

### **The 4 Secrets to Waking Up Early & Why You Should Do It ...**

When you do wake up,



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sometimes it really is best to jump out of bed (even if you're exhausted from a stressful night of fitful sleep and even more fitful thoughts) and seize the day.

Diane Eshin  
Rizzetto

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