



Snooze: A story of one idea

Joseph Leinadis

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Yes, this is the book that you heard about. This is the one that tells the true story of a normal, ordinary guy who grew tired of losing his daily battle with the snooze alarm and decided to harness it. You heard about it because it contains one simple idea that really works. It does not guarantee to change your life, but it does suggest a powerful way to truly search for whatever it is you are looking for. Above all, this is a highly usable idea, and it is one worth talking about... So without further ado, imagine that feeling you get when your alarm first goes off in the morning and you are faced with a choice of whether to wake up or push the snooze. In this early moment of weakness, we are tempted with the option of doing nothing or doing something...of getting up or staying down...of remaining in comfortable stillness or embracing the discomfort of activity. Life is filled with these moments. This book is not about getting out of bed in the morning. It's not about how to stop snoozing when you are horizontal. It's about how to stop snoozing when you are vertical. I hope you enjoy it.

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