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<http://rockyourhormones.com/product/lights-out-sleep-sugar-and-survival/>

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5 quotes from Lights Out: Sleep, Sugar, and Survival: All of the diseases that modern medicine declares war on never seem to touch any of those ninety-y

<https://www.goodreads.com/work/quotes/290602-lights-out-sleep-sugar-and-survival>

Review of Lights Out: Sleep, Sugar, and Survival - -

Review of Lights Out: Sleep, Sugar, and Survival Nutrition CrossFit Discussion Interesting review of Lights Out. Pasted below is short excerpt from article.

<http://board.crossfit.com/showthread.php?t=21982>

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Lights Out Sleep, Sugar, and Survival. By T. S. Wiley. T.S. Wiley and Bent Formby deliver staggering findings: Americans really are sick from being tired.

<http://books.simonandschuster.com/Lights-Out/T-S-Wiley/9780671038687>

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The lightbulb put us out of sync with nature. Way back when, people spent the summer sleeping less and eating heavily in preparation for winter because light triggers

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Book Review: Lights Out: Sleep, Sugar, and -

I read Lights Out Sleep, Sugar and Survival (by T.S. Wiley with Brent Formby) because Robb Wolf kept relentlessly quoting it in his podcasts:

<http://www.theprimalist.com/book-review-lights-out-sleep-sugar-and-survival-by-t-s-wiley/>

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T.S. Wiley and Bent Formby Our own survival (Though perhaps this was intentional to make you want to turn your lights out and go to sleep!)

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<https://store.kobobooks.com/en-us/ebook/lights-out-6>

Lights Out: Sleep, Sugar and Survival - Critical -

In a recent podcast, paleo proponent Robb Wolf rattled off a list of books he recommended. This was mentioned. Lights Out: Sleep, Sugar, and Survival by T. S. Wiley
<http://criticalmas.com/2010/05/lights-out-sleep-sugar-and-survival/>

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