



The Power of When: Discover Your Chronotype-- and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More

Michael Breus

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Learn the best time to do everything--from drink your coffee to have sex or go for a run--according to your body's chronotype.

Most advice centers on *what* to do, or *how* to do it, and ignores the *when* of success. But exciting new research proves there is a right time to do just about everything, based on our biology and hormones. As Dr. Michael Breus proves in **THE POWER OF WHEN**, working with your body's inner clock for maximum health, happiness, and productivity is easy, exciting, and fun. **THE POWER OF WHEN** presents a groundbreaking new program for getting back in sync with your natural rhythm by making minor changes to your daily routine. After you've taken Dr. Breus's comprehensive Bio-Time Quiz to figure out your chronotype (are you a Bear, Lion, Dolphin or Wolf?), you'll find out the best time to do over 50 different activities. Featuring a foreword by Mehmet C. Oz, MD, and packed with fascinating facts, fun personality quizzes, and easy-to-follow guidelines, **THE POWER OF WHEN** is the ultimate "lifehack" to help you achieve your goals.

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