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Great bedtime stories for adults

There is no better feeling than going to bed after a demanding day and closing your eyes for a quiet night's sleep. In an ideal world, your mind will be at ease and you will quietly drift to sleep in 10-15 minutes, but unfortunately this is not usually the case. Five minutes of Facebook scrolling turns into an hour of watching videos with inflatable friends, and even though they're really fun, it's much harder to fall asleep after you have a device in your face that stimulates your brain for so long. Reading or listening to bedtime stories before bed is a great way to reduce stress and relax your mind so you can effortlessly slip into a deep sleep like you used to when you were a child. Use the links below to go to the section or genre that interests you most: General tips and tricks for telling a good bedtime story when you're telling a story, whether you're reading it from a book or doing it from the top of your head, remember these tips to make sure your audience stays engaged and on the edge of their seats. Keep it simple – You don't want to get too crazy with overloaded characters and complicated plots unless you want to see the listener's eyes glaze. Set the scene, enter several fixed characters, and keep the chart on track. Change the tone of your voice — no one likes a monotonous storyteller. Change the tone and speed of your voice to match the moments in your story. If something terrible is to happen, it can slow down and lower the tone of your voice. If the scene is hectic, talk fast to reflect how your heroes feel. You will set the mood and feel like your heroes. And always remember to be enthusiastic! Pause for dramatic effect – This is a silly proof way to create tension, and have the listener eagerly waiting to hear what's next. Facial expressions — Immerse yourself in history if the figure is angry then scrunch your eyebrows and frown. If you are happy, continue reading the story with a smile on your face. Stay up to date with your eyesight - No matter who you're reading bedtime stories, you're the catalyst for the story they hear. When you keep eye contact with your audience, it ensures that all their focus remains on you and your story. Your listener will be so engaged that he will be transported from his world to the fictional universe that you describe so well. Now that you have the tools you need to tell a good story, let's move on to our top-rated list. We went ahead and included links to Amazon and other sites (highlighted in green) for your convenience. Bedtime stories to impress your girlfriend Princess and peas by Kolanovic Dubravaka - Make your princess feel like a real thing before bed with this short fairy tale about a delicate princess, is placed in the final final by her prince's parents. After she stumbles upon the prince's handsome palace in the owling rain and explains that she is a royal needy place to stay, the Queen hesitates to believe her. So what does the Queen do? Of course, she puts peas between 20 mattresses for the princess to sleep on. If a young woman notices peas, she tells the truth. Your girlfriend will love this story because it is fast and relative. An innocent princess who has to prove herself to her boyfriend's mother through unwarranted tests? He didn't take the idea too far. Time Traveler's Wife audrey Niffenegger – Time Traveler's Wife is the story of a man who was blessed with the opportunity to travel through – you guessed it... and uses his gift to return to the most important moments in his wife's life before he was a part of it. Reading your love of this story will allow her to open up and reflect on the most important experiences of her own life, and the best scenario is that you will feel like you are really interested in who you are as a person (we are trying to get you extra brownie points here with this one). Stories for baby boomers to relax before BedA Baby Boomer's Bedtime Story: To The Moon and Back by Phil Vocia – If you were born between 1946 and 1964, then Phil Vocia's Baby Boomer's Bedtime Story was written specifically with you in mind. You can laugh, you can cry, but you will definitely feel nostalgic when Vocia reminisces for decisive moments behind the Baby Boomer generation. So what could be a better bedtime story than a detailed memory of some of the most joyous memories? We can't think of many others to top it up. Wisdom at work: Making of a Modern Elder by Chip Conley – This story is about a 52-year-old who sold the company he ran for 24 years, and was quickly presented with the opportunity to help Airbnb grow into an international company as we know it today. He lacked maneuvering the digital world, as well as his young colleagues, but his skills and the wisdom of a veteran businessman, who come only with age, turn out to prevail. It's a story about valuing your talents and transforming them into today's world, and we think you'll like it. Selfie as Big as the Ritz by Lara Williams - Why do millennials always complain? Why are they so emotional? What the hell is a selfie? If you've asked yourself these questions, and sometimes think about the millennial psyche before you fall asleep at night, Selfie as Big as the Ritz will give you a good insight into the new age struggles every millennial faces every day. If anything, it will help you sleep peacefully at night, knowing that you have the pleasure of living in a world so long where the word selfie did not exist. Bedtime Stories for the XThe Dirt Generation: Confessions Best Known Rock Band by Tommy Lee – Find out what it really means to party like a rockstar with Motley Crue's tell-all tale of their experience as one of the most famous rock bands in the world. You'll read stories you've never heard of and stories you won't find in YouTube interviews. You'll also see unpublished photos that have never been published before. If you grew up in the 80s, The Dirt will be the perfect bedtime story to take you back to the days of leg heaters, big hair and mullet. Generation X: Tales from an Accelerated Culture by Douglas by Douglas Coupland - In this story by Douglas Coupland, who made generation X popular, a group of three young people gave up a job they hate to get a deeper look at the meaning of life. Told from the perspective of 20-year-olds, this novel sheds light on what young people had to say about society at the time, when their voices were often silenced. Read Generation X: Tales of Accelerated Culture Before Bedtime to explore themes of reflection, irony, and the search for greater meaning; Gen Xers themes know everything all too well. Bedtime Stories Millennials Will LoveCalm F*** Down by Sarah Knight – Calm F*** Down is something every millennial who suffered from crippling anxiety (so probably about 99% of them) must hear. There seems to be a new headline every day from the internet blaming millennials for something arbitrary, while the governing will not confront the real problems young people face, such as overwhelming student debt, a crumbling ecosystem and a housing market they won't be able to afford until they're 45. With Sarah Knight's Calm The F*** Down, millennials can learn to control their anxiety and stop smelling of flowers every now and then (while they're still here at least).3 Billion Under 30: How Millennials Continue to redefine success, Breaking Down Barriers and Changing the World by Jared Kleiner – While your friends are binging on netflix's latest series before bed, you can get the ball rolling on your future multi-million dollar career by reading 75 motivating stories inside 3 Billion Under 30. Some of the most successful millennials in the world write them, and who's going to say you can't join them. Maybe the book will affect you to dream of your next business venture, who knows? All we know is that it's the highest rated and great bedtime story for young professionals or anyone who wants to look inside at the mind of billionaires. The Best Bedtime Stories For Generation ZChicken Soup for the Teenage Soul: 101 Stories of Life, Love, and Learning by Jack Canfield - from the Chicken Soup collection are the perfect books to read when looking for answers, validation or a touching story. In this book, teenagers can read the stories they refer to friends or family members. It's always good to talk to loved ones in times of struggle, but it never hurts to take some time alone and turn to literature for a solution as well. After reading the lesson on friendship, love and self-respect, go to bed feeling confident and excited about your future. Outsiders by SE Hinton – If you haven't read this book since you haven't been assigned it in a middle school English class, or have been assigned, but just sparknoted everything, it's time to hop on Amazon or hit the nearest Barnes & Noble pick up copy. It's a classic tale of a 14-year-old greaser and the hardships he and his friends face in a world where they don't feel like they belong to them. Not only is it an intense read, but you'll never feel left out when someone says Become golden, Ponyboy never again. You're angry ** Jen Sincero every day - You're young, alive and driven with all your life ahead of you, but you're not sure about your future. You can be bound by college only by graduating from high school, or you may be about to enter the 9th grade. One thing is for sure, your life is about to change drastically and every day your anxiety intensifies. When you're young, it's hard not to fall off the wagon because you're overwhelmed and engage in some self-destructive behavior. This Jen Sincero book is filled with exercises, affirmations and other tools to keep your spirit high and on track to achieve your goals. The change is terrifying, but you're angry*** Every day you can prepare for whatever life decides to throw at you. Romantic bedtime stories to set MoodThe Wedding Date by Jasmine Guillory – Have you ever dreamed of getting stuck in an elevator with the man or woman of your dreams? Have you ever wanted to bring someone to an event you knew your ex would be on? In this novel, a groomsman named Drew brings Alexa, a woman he just met, to his ex's wedding. As you may have guessed, they both fall in love after spending a short but fantastic time together, but the party is over and they both have to get back to reality. Is it a recipe for disaster or the beginning of a tumultuous romance? If you are a lover of romantic stories, it is worth thinking about it to try this. See me Nicholas Sparks – At this point, Nicholas Sparks may be the king of romance novels, so we might be committing blasphemy if we leave him off this list. See me is the story of a bad boy trying to improve, who meets a hardworking and successful Hispanic woman with a Duke degree. For their love story to survive, they must overcome their prejudices and a few potholes on the road that stem from Mary's past. If you love The Last Song and Dear John, we think this one is sympathetic Nicholas Sparks addition to the bedtime. Bedtime stories for rebel girls and womenBad Girls throughout history: 100 extraordinary women who changed the world by Ann Shen - Their peers claimed they were bad girls, now we call them extraordinary women. Author Ann Shen tells the story of 100 strong women who overcame adversity when those around them constantly failed to appreciate their strengths and talents, simply because each of them departed from the public's expectations of what a woman should be. From warriors, science women, pirates, activists and spies, rebellious girls around the world can fall asleep with visions of fearless women in front of them who fought for their right to be savage. Rad Girls Can: Stories of Bold, Brave, and Brilliant Young Women by Kate Schatz – Rad Girls Miriam Klein Stahl can prove that there is no age requirement to have a significant impact on the world. This book tells the story of various young women who achieved inspiring achievements before they were 20 years old, from Yusra Mardini, a Syrian refugee who became an Olympic swimmer after she rescued twenty people when their dinghy began sinking after fleeing Syria, to Barbara Rose Johns, who helped initiate the civil rights movement with her protest in high school. Girls of all ages can strive to achieve greatness through their own talents and prove to the world that sometimes it is okay to be a little rebellious. Goodnight Stories for Rebel Girls – This book is filled with cover to cover one-page stories about 60 spectacular women and their achievements, and it's written in the style of a classic fairy tale. So replace your usual princess bedtime stories with a helpless girl waiting for a man to save her, with stories of independent women who certainly don't need any help from a man. Quick five-minute stories to read while you're in RushBedtime Stories for Adults by Cearuil Swords – Once you tie your little ones and read them for a bedtime story, you can climb into bed with your own mythical tale, which is a little more relatable than a lady in distress waiting for her charming prince. Like the legend of a brave queen trying to buy a car in the living room, without falling victim to the power of the sales pitch. These stories make up a collection of excellent adult fairy tales that you can read before bed and add some magic to your daily routine.100 James Daley's Great Short Stories – With James Daley's 100 Great Short Stories, you can have a solid collection of short stories by some of America's greatest authors, including Edgar Allan Poe, Mark Twain and Virginia Woolf. If you're in the mood for something short, sweet and classic before you catch your z's, this book will give you a number of great options to choose from. It is in chronological order, starting with the earliest work, so you can travel through literary history contracts that have been published. Short 10 Minute Bedtime Stories To Doze Off ToOne More Thing: Stories and Other Stories by BJ Novak – If you own the hit Show The Office close and dear to your heart, you'll probably get a kick from b.j. Novak's (Ryan of The Office) collection of fictional stories that purported to be workshops in comedy clubs and bookstores across America. We love Office replays just like the next person, but sitting down and reading a book written by favorite intern Michael Scott will be a more relaxing activity before bedtime. The Best American Short Stories 2018 by Roxane Gay – If you're looking for a short story to get your brain running so you can have a little thought before bed, The Best American Short Stories is a collection of important literary works with a powerful message in every narrative. Every night before bedtime, you can read a selection of material that has been hand-picked. The collection contains 120 stories and consists of different authors with different experiences. Some are gloomy, but they are all provocative and give you a new perspective every time you read one. Politically Correct Bedtime StoriesPolitically Correct Bedtime Stories: Modern Tales For Our Life Times by James Finn Garner – Read all your favorite fairy tales anew, but with a progressive twist in James Finn Garner's Politically Correct Bedtime Stories. From the feminist and health conscious Little Red Riding Hood to the more combative version of The Three Little Pigs, who save their land from invasive wolf hotel developers, you'll be sure that the material you're reading will be fun with its creative reworking of classic stories. Officially Politically Correct Dictionary and Manual by Henry Beard – If you see a man without hair and find himself wanting to call him bald, use the term hair at a disadvantage instead. Instead of the word paper, the term processed tree carcass would be more appropriate. When you're worried that the word you're going to use will hurt someone's feelings, don't worry! You can always turn to Henry Beard's cheeky Official Official Dictionary and Handbook to find a more acceptable way of speaking. Every night you can read on a few alternative PC phrases, and be ready the next time you need to correct someone when they say flowers instead of botanical companions. Books to read before bed, which will give you a good laugh Very embarrassing Book of Dad Jokes Ian Allen - If you're a dad in need of some new material or a frat dude who prides himself on his quality dad jokes, look no further. Every night before bed you can read on these funny father-esque jokes that you loaded up and ready to fire the next day. Everyone will get a kick from them, almost like just like you. Me Talk Pretty One Day by David Sedaris - Comedian, humorist and best-selling author David Sedaris is back with a national bestseller called Me Talk Pretty One Day. If a book of professional joke is not enough proof to believe that this book is knee-slapper, the book is about his struggle to learn French. If you've ever tried to learn another language, you know how unnatural it sounds when you practice it for the first time, so it's funny to laugh at other people's sad attempts to master a difficult language like French. If you don't believe us, check out the 1,500 reviews on Amazon and see what these people have to say. Scary Bedtime Stories To Spook You Before Your SlumberScary Stories To Tell In The Dark: 3-Book Collection by Alvin Schwartz - the skeletal face on the cover of Scary Stories to Tell in the Dark can arouse feelings of fear, nostalgia or an amazing combination of both. You may remember this series when you were a child, but we still think it keeps your scare factor through all those years later. It may not be as scary as you remember, but it's definitely a scary way to put you to sleep. Even the illustrations themselves are enough to make the hair on your shoulders stand up. Short Horror Stories: Supernatural Tales That Are Scarier Than Dead by Mildred Walker – There's something about old ghost stories that make them much more chilling, and that's exactly what Mildred T. Walker delivers in Short Horror Stories: Supernatural Stories that are scary than dead. It includes works from icons such as Edgar Allan Poe, Ray Bradbury and W.W. Jacob, who dazed once or twice in the horror genre, and know how to write a chilling story. Soothing Bedtime Stories Gently Put You Into SleepA Laziness Guide to Mindfulness by Ton Poppy – Meditating before bedtime has been proven to relieve stress and improve overall sleep, so reading books based on meditation as you prepare for hit-the-hay would be a great way to end the night. In the Guide of Laziness to mindfulness to the tone of Poppy, you can follow in the direction of the happiest laziness you have ever seen as it guides you through its methods of easing your mind. Not only is it adorable, but it's a great way to finish the night on soothing and positive notes. Bedtime stories for stressed out adults – It can make it much harder to fall asleep at night when you're stressed because your body switches from an active state to a calmer parasympathetic nervous system. If your mind races when you try to go to sleep, it interrupts the transition, and your mind remains hyperactive, rather than shutting down. In this anthology you can find calm and relaxing passages that will guide your mind to the perfect state of relaxation. Bedtime Stories Your Dog Wag his tail ToThree Stories you can read to your dog by by Swan Miller – If you want to spend some soothing quality time with a puppy when you're going to put it to sleep, Sara Swan Miller's Three Stories You Can Read to Your Dog is the perfect way to turn them into story time. Watch their eyes light up when you tell a story from their perspective, in scenarios that they will know all too well, like barking at strangers approaching your home. Make your dog feel exceeding special by reading his these snowawki stories and he'll continue to return the grace every single day. Good Friends: Avery Barks Dog Mystery by Mary Hiker – Bring out the investigative side of your furry friend from the story of Mary Hiker about Avery Bark and a few of his puppy buddies who work together to solve a mysterious murder (You'll get bonus points from your dog if you actually bark every time you read Avery's name.) It's book five from a 10 book series, and a great choice to kick start you and your dog's binge reading. Maybe he will learn to be a detective, and he can find out who went through the garbage after a night of steak taco because he swears it's not him. Supernatural Stories Make You Sleep With The Lights OnCome Closer by Sara Gran - Amanda is a young working woman who begins to notice strange events that happen to her and her loved ones, like her disturbing dreams and how she unwittingly burned her husband with a cigarette. She comes to believe that she is possessed by an evil demon and must fight to regain control of her life. If you're looking for a bedtime story that plays with the idea of other worldly spirits, evil beings and possessions, it might be good to sneak under the covers. Ronald Dahl's Roald Dahl's Book of Ghost Stories - Imagine a man obsessed with the art of a terrifying story telling that he goes to the library to read more than 500 supernatural stories. Now let's say he chose 14 of the most chilling stories from the hundreds he read to combine into one ghastly collection of stories. If you haven't guessed, the guy we're talking about is Roald Dahl and that's exactly what his Ghost Stories

Book is. So if you are looking for a carefully selected group of works to confront you with amazing, we think this is a good choice for you. Sexual & Erotic Stories To Spice Up Your Bedtime RoutineNaughty Bedtime Stories by Joan Elizabeth Lloyd – If you're looking for something a little sexier to read while you're between the sheets (literally, we think it might be a little hard to deal with while reading), then Joan Elizabeth Lloyd's Naughty Bedtime Stories is a good book that will surely bring warmth. Explore different fantasies and sensual situations, such as the one about a psychic who meets a dirty woman. We'd say more, but we think you know what's going on Fifty Shades of Grey by E.L. James James anyone who has not yet read this book, you should know that there is a reason why it has become such a big hit - it is quite hot. Even if you've seen a movie, the scenes in the book are much more steamy than what Hollywood producers allowed on the big screen. If you're looking for a novel to get your heart rate before going to bed, reading the grainy details of Christian Grey and Anastasia Steele in a red room will probably do it for you. Keeping an eye on His Obsession with Alexa Riley – If you want to read an Amazon bestseller and can't stand one more person mentioning 50 Shades of Grey again, it should be a title that tickles your fantasies. In Guarding His Obsession, a socially awkward girl named Zoey hires a security team to find a crazy stalker who feels threatened. Who is the man hired to work? A quiet but handsome bodyguard who develops a soft spot for Zoey. So what happens when you put a super hot protective man with a cute but bizarre damsel in danger? We'll let you leave it to your imagination, or you can find out for yourself in the novel. Don't forget to check out our best mattress for sex lists if you really want to get the best bedtime experience. Bed.

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