



## daily GOOD

I've learned that I get blocked when my subconscious mind is telling me that I've taken the work in a wrong direction, and that once I start listening to what my subconscious is trying to tell me, I can work out the problem and get moving again. --Walter Jon Williams

### Learn in your Dreams

Napping after learning something new could help you commit it to memory- as long as you dream, scientist say. They found that people who dream about a new task perform it better on waking than those who don't sleep or dream. Volunteers who napped after learning the layout of a 3D computer maze found their way through the real-life maze quicker than those who didn't. "Every day we are gathering and encountering tremendous amounts of information and new experiences," says Dr. Erin Wamsley, co-author of the study, "our dreams are asking the question, 'How do I use this information to inform my life?'"

### Be The Change:

Feeling stressed or overworked? Take a nap, or get a good night's sleep- Your brain will rest, and you may be more productive after!