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### **Take a nap! change your life. by mark ehrman**

Mark Ehrman is a freelance writer whose work appears regularly in The Los Angeles Times, Playboy, InStyle, and many other newspapers and magazines.

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### **Mark ehrman | freelance writer/journalist**

Mark Ehrman Berlin, Germany mark@markehrman.com Take A Nap! Change Your Life (Workman, 2006), and is the author and editor of the expatriate guidebook,

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