



The Career Confidante
Monday at 3 PM Pacific
July 27th 2020: How to Improve Your Work (And Life) Through Better Sleep

Tune in

Monday at 3 PM Pacific Time
on VoiceAmerica Business Channel

You know that better sleep is important for your health and work performance. But, even when there is not a pandemic, getting enough sleep is not easy! Our mindset is critical for our career advancement and job search – handling challenging conversations, being innovative in our work, and much more – and sleep is where it starts. In this episode of the Career Confidante, host Marie Zimenoff welcomes Dr. Patrick Wanis, human behavior expert, and Chris Burres, scientific researcher. Dr. Wanis and Chris share practical advice to break the cycle of stress and sleeplessness so you can be more effective.

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?
Call In Live!
Toll Free: 1-866-472-5790
Intl: 001-480-398-3352

[Read more](#)

[SHARE](#) [DOWNLOAD PDF](#) [GET CODE](#)

Featured Guests



Chris Burres

Chris Burres is a research engineer and scientist whose primary mission is to help people live longer, healthier, pain-free lives. Burres has a diverse background in the field of inventions and manufacturing. With a BS in Mechanical Engineering from University of Houston, Burres is a co-inventor of patents related to the use of explosives in downhole oil well drilling, a co-inventor of the most efficient fullerene manufacturing equipment in use since 1991, and co-owner of a company that manufactures a unique product containing a Nobel-Prize winning molecule that has been shown to extend the lifespan of test subjects by 90 percent.

[Read more](#)



Patrick Wanis

Patrick Wanis is a world-renowned expert on behavioral therapy, specializing in the areas of interpersonal relationships, trauma, and human motivation. His insights have been featured on global news outlets such as BBC, Russian News Agency, MSNBC, FOX News, and CNN. Much of his work has focused on examining the role of the mind, body and physiology on behavior and psychological functioning. Wanis is the first person to do clinical hypnotherapy on US national television, and he has developed multiple online psychological and behavioral assessments. He is the creator of SRTT Therapy (Subconscious Rapid Transformation Technique), and he is teaching it to other practitioners.

[Read more](#)

Share This Episode

[Share On Facebook](#) [Share On Twitter](#) [Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps

[Available on the App Store](#) [Get it on Google play](#) [Download for kindle](#) [f](#) [t](#) [in](#) [RSS](#)

