



## You Need More Sleep: Advice from Cats

*Francesco Marciuliano*

[Download now](#)

[Read Online](#) ➔

# You Need More Sleep: Advice from Cats

Francesco Marciuliano

## You Need More Sleep: Advice from Cats Francesco Marciuliano

Our feline friends have spent eons observing, napping, pondering, napping, and taking notes about the human condition. In between naps, they've realized that we humans could use some catlike guidance when it comes to handling the ups and downs of life. In this book they've condescended to share their invaluable wisdom in short advice columns such as "Always Stay at Least 30 Feet from a Loved One" and "Never Let Anyone Dress You." Whether it's coping with romance, surviving a social gathering, or clawing your way to the top of the corporate ladder only to realize you can't get down, the cats in this book will have you relaxed and ready to take on the world! Just after one more nap.

## You Need More Sleep: Advice from Cats Details

Date : Published September 1st 2015 by Chronicle Books (first published July 28th 2015)

ISBN : 9781452138916

Author : Francesco Marciuliano

Format : Hardcover 112 pages

Genre : Humor, Nonfiction, Animals, Cats, Self Help



[Download You Need More Sleep: Advice from Cats ...pdf](#)



[Read Online You Need More Sleep: Advice from Cats ...pdf](#)

**Download and Read Free Online You Need More Sleep: Advice from Cats Francesco Marciuliano**

---

## **From Reader Review You Need More Sleep: Advice from Cats for online ebook**

### **Krista says**

This book made me laugh so much - one entry so much I was crying! A hilarious read for all cat lovers!

---

### **Kimberly says**

Really cute book! This one is a keeper for the shelf. Also a great book for a coffee table for others who visit you to thumb through. Loaded with lots of fun advice from kittys. Love the pics too. Beautiful book for the cat lover!!

---

### **Batool Fardan says**

well , it's been a while since I've read a book that made me laugh. it does have great advices for different life majors like relationships, career and loving yourself, really great advices with a lot of humour flavour in it because, well it's from a cat's perspective. great book , it was very useful and I loved it.

---

### **Bill Lynas says**

An amusing little book that shows you when it comes to good advice your cat is always the best place to go!

---

### **Traci says**

Cute!

Love the advice for "The Three Rules to Pure Happiness:

1. Love everyone, but secretly, so people keep trying to curry your favor.
2. Take everything as it comes - before someone else can grab it.
3. Never let anyone rub you the wrong way, especially from butt to head.

---

### **Hannah says**

I can't stop reading these. Uplifting during a hard couple of weeks. Easy way to get my goal met. Lol

---

## Minh Nhân Nguy?n says

3,5 sao.

Ta?c gia? co? y? t???ng kha? sa?ng ta?o va? thông minh, diê?n gia?i nh??ng ha?nh ?ô?ng, tho?i quen vô t? l??, thâ?m chi? "lô? l?ng" cu?a lu? me?o tha?nh nh??ng l??i gia?o huâ?n nghiêm tu?c, mang tâ?m "vi? mô" cho ca?c vâ?n ?ê? trong cuô?c sô?ng.

?ây ?u?ng la? cuô?n kinh tha?nh cho nh??ng ai theo "?a?o me?o", pha?t cuô?ng hay su?ng ba?i lu? boss sang cha?nh na?y. Chi?nh vi? thi?ch ca?i y? t???ng ?o? ma? mi?nh mua sa?ch, nh?ng co? ve? ta?c gia? ch?a bo? nhiê?u công s??c va?o ?o? n?n khai tha?c no? ch?a ???c tô?t. Sa?ch cu?ng ng??n go?n thô?i, nô?i dung trong ?o? cu?ng kha? ??n gia?n, tuy thê? vâ?n co? nhiê?u y? bi? l??p la?i gi??a ca?c ch??ng, nê?u chi? ?o?c l???t 1, 2 trang se? thâ?y kha? thu? vi? nh?ng ?o?c xong ca? cuô?n la?i thâ?y h?i nha?t.

?ây la? mô?t cuô?n sa?ch a?nh n?n m??t hi?nh a?nh cu?ng kha? quan tro?ng. Ngoa?i viê?c minh ho?a cho ca?c y? trong sa?ch thi? no? co?n mang la?i s?? thi?ch thu? cho nh??ng ai yêu thi?ch viê?c ng??m nghi?a ca?c chu? me?o ?? mo?i t? thê? t?? a?ng y?u ?ê?n ?a?ng xâ?u hô? :). Tuy vâ?y ca?c hi?nh a?nh trong sa?ch kh?ng pha?i thuô?c v? "chi?nh chu?" ma? la? do ta?c gia? thu nh??t trên instagram n?n co? phâ?n lô?n xô?n, va? kh?ng biê?t co? pha?i do in â?n kh?ng ma? hi?nh h?i bi? nho?e, nhiê?u tâ?m ma?u s??c rô?i, mang ti?nh nghiê?p d?.

Du? sao thi? ?ây cu?ng la? mô?t cuô?n sa?ch x??ng ?a?ng co? trong bô? s?u tâ?m cu?a nh??ng ng??i y?u me?o, nh??ng ai chi? c?n ???c ng??m me?o, ???c ba?n luâ?n v? lu? me?o thô?i cu?ng ?a? thâ?y sung s??ng. Va? kh?ng nh? ?? My? n?i co? ca?c sa?ch loa?i na?y tra?n lan ?ê? ?o?i ho?i na?y kia thi? ?? VN b???c ?â?u co? 1 cuô?n sa?ch nh? thê? na?y cho ca?c "con chi?n" cu?ng la? ?a?ng quy? rô?i :).

---

## Nathan Albright says

As someone who has read a few of the author's books [1], this book is something that I was very much prepared for. That is not to say that the book was anything less than enjoyable, only that the author has demonstrated his capacity to draw very intriguing and thought-provoking and sometimes chillingly relevant insights from animals in his poetry and I had no doubt that he would be able to do so in portraying cats as advice columnists. What proved to be most worthwhile, at least to me, was the way in which much of this advice from cats applies to me, which means that perhaps I am more standoffish and schizoid in my approach to relationships and intimacy than is perhaps desirable for me. If my approach to such matters resembles that of a cat who is deliberately trying to inflict Stockholm Syndrome on others (!), then such an approach is troublesome and problematic for me and for others, and what is true of me is also true of other people as well. This is a book that you may be tempted to laugh at, if only to avoid thinking more seriously about one's own struggles in dealing with other beings.

As is common for the author, this book of a bit more than 100 pages is richly photographed with cats and is divided into four sections after an introduction that counsels the reader to listen to the cats and what they have to say. First, there is a section on personal relationships where the cat(s) talk about their enjoyment of keeping people guessing and avoiding being too closed to loved ones and maintaining an air of mystery (1).

After that we move to advice about social interaction (2), which includes advice to work contrary to the schedules of others, clear one's desk every morning, eliminate rivals, and not letting anyone talk in lolcats for you. After that, the cats advise the readers on career advice (3) that includes finding a safe hiding place, showing up to work naked, and being a closer. Finally, the book closes with a chapter on self-absorption (4) with advice on being independent until one needs something, keeping one's sense of wonder, and being a bit bad every now and then. All in all, the advice sounds exactly like one would expect from cats, and all too often fits our own habits, whatever we would advise others to do.

I must admit that I felt a lot kinder about this book than I would a book that was more direct in its approach. As a reader I tend to be rather harsh on those books that show themselves as coming from a hostile worldview, but a great deal kinder on those books which are designed to be unsettling but which require empathy on the part of the reader to have a sting. There are many readers who would simply read this book and laugh at the silliness of cats, without thinking that the cats' advice in any way would be relevant to the way we live our lives as human beings. And to be sure, the author makes some subtle digs at the way cats talk in memes here, which should lead to some humorous beef between the author and others. That said, this is a book which has a great deal to say about people for those who are interested in taking the time and showing the interest in reading what it has to say and then applying those to one's own relationships and one's own struggles. Perhaps we are not so different from cats after all, and more like those standoffish pets than we often let on.

[1] See, for example:

<https://edgeinducedcohesion.blog/2018...>

<https://edgeinducedcohesion.blog/2018...>

Two more reviews forthcoming

---

### **Delta says**

My husband gave me this book as a joke, but after reading the first few pages I told him I would follow the advice exactly. That'll show him!

---

### **Erikka says**

These books are just fantastic. I laughed out loud at "Take a moment to wonder why" and "Invest heavily in string." I also laughed at the rest, but those got me. This one is not poetry like the others, but still amazing. Just amazing.

---

### **Florencia says**

In the middle of this solemn atmosphere of important Russian and French writers, I just need to thank Goodreads for this recommendation. I forgot about this author and his adorable and always entertaining books. He truly understands cats and their canine slaves. And poetry! Oh, I must have this one. By the way, I

just love the fact it has been also labeled as a self-help book...

---

### **Julia says**

A quirky book that gives tips to inferior humans on how to reach the almost superior lifestyle of cats.

The writing is insightful and reads of Cat. And interspersed with pictures of actual cats this is a wonderful book for cat fans and collectors of cat books.

---

### **Ris says**

I don't particularly want to shelve this as nonfiction, but for lack of a better answer, here we are.

This was really cute, and I giggled more than I expected to. It was exactly what I needed on a Wednesday.

I'll probably be annoying my friends with random quotes from the book for a few weeks, at least.

---

### **Cat says**

Tuleb välja, et ma olen väga paljusid asju elus õigesti teinud. Nii mõndagi on aga veel kassidelt juurde õppida. Näiteks seda, et tööle tuleb ilmuda alasti ning parim tööruum tuleb oma lõhnaga märgistada. Väga õpetlik lugemine!

*"Ühesõnaga, tee kõike, mis ta enne kella nelja hommikul voodist välja ajab. Sest just siis peaks ta üleval olema ja sulle hommikusööki valmistama, vastasel korral tuleks ta ametlikult surnuks kuulutada."* - Anna mulle andeks, kallis! :D

---

### **karen says**

*Be adorable and be in charge.*

cats - enviable masters of grace, confidence, independence, indifference, grooming...

this book's convincing assertion is that you can learn all of life's most valuable lessons from observing cats, and when you apply these feline behaviors to your own life, you are bound to be successful in all of your endeavors.

this is from the same guy that gave us all those books where pets write poems:

I Could Pee on This And Other Poems by Cats

I Could Chew on This: And Other Poems by Dogs

I Knead My Mommy: And Other Poems by Kittens

and those are cute and funny and all that, but this book doesn't have *time* to be cute and funny.

*How many times have you been stymied by indecision only to watch your cat walk straight up to a glass and slap it to the floor because it's Tuesday and things have got to get done?*

this book is here to *help!*

here are some sample chapter titles, to give you an idea of the many ways cats (and this book) can inspire you to live a more rewarding life:

**-Always Stay at Least 30 Feet from a Loved One**

**-Keep Changing When and Where You Like to Be Touched**

**-Personal Space Means Your Space, Not Theirs**

**-Enter a Room Like You Own It and Everyone Inside It**

**-Dismiss Everyone Equally**

**-Everything is Prey. EVERYTHING.**

**-Be Extremely Independent Until You Need Something**

this is self-help gold, my friends!

other chapters include **What's Theirs Is Now Yours**, in which you will learn that:

*Relationships are about two loving individuals coming together to cram all their things into one studio apartment. That's why it makes perfect sense to assume your partner's belongings are now yours, no matter how well or how high they hide them.*

and

*The more you treat it all as communal property, the more you don't have to worry about breaking a few things.*

how freeing is that?

also **Just Because Others Can't See It Doesn't Mean You Shouldn't Chase It**, which encourages you to make your own opportunities no matter how outlandish:

*Love. Friendship. Success. Ghost mice. If you can picture it in your head then you should pursue it with all your might, sometimes at speeds achieving sonic booms.*

done and done!

or how about **Rest Assured Someone Else Will Clean Up after You**, which reminds you that other people have your back, even when they are not super enthusiastic about it:

*... whenever you do make a mess - sometimes figuratively but mostly literally - someone will always appear to clean it for you.*

*Of course, who these people are and why they keep cursing you out will probably forever remain a mystery. But thanks to these strangers who somehow know your name, you'll never have to glance back to see what you've done or how many paper towels it involves, letting you happily forge ahead to find out what happens when salsa tries to fly.*

thanks, strangers! i go live the dream now!

you will also discover the many ways in which your cat is like oscar wilde, except (hopefully) still alive:

*-Being in a relationship means being in danger of having a conversation at any moment...*

*-Do you get annoyed when people talk? Especially about themselves and not enough about when's food?*

*-...what every cat already knows - the world in fact does not go on without you.*

*-Never plead, implore, or ask. That puts all the power with the other person, allowing them to demand something in return, like an indication of gratitude. And who wants to enter that infernal nightmare of a barter system?*

not maggie, that's for sure!

this book provides tips for many different segments of your life, from the business world:

### **Clear the Desk Every Morning**

Inbox. Outbox. To-do list. Pens. Coffee. Phone. Computer. Whatever is made of glass. Start each office day with a clean slate by wiping the workspace clean of any distraction that can be shoved or tilted off the ledge.

This will alert your coworkers that you mean business and that maybe if they paid a little more attention to you then you wouldn't be smacking all that stuff off their desks in the first place.

### **Maintain a Schedule Inconsistent with Everyone Else's**

Anyone who's ever worked in an office can tell you that business isn't about getting work done. It's about attending meetings to discuss how much work needs to get done. And that's a time-suck you can easily avoid by starting your day just as everyone else is going to bed.

Commence work at 1 A.M., making enough noise so that if your coworkers live within a 50-mile radius of the office they'll know you're up to something big. Keep working until about 5 A.M., at which point you should start calling fellow employees to make sure they bring your breakfast. In between, do whatever you feel like, remembering to blame any mess on whichever employee brought their dog to work that one day.

### **Network by Stepping on People's Crotches**

Networking isn't about making friends. It's about meeting new contacts, making an impression on possible corporate alliances, and quickly leaving before you realize you hate the whole lot of them.

Hence why whenever business people gather you should leap on the sofa, look purposefully and commandingly straight ahead, and carefully make sure to step on each and everyone's genitals before exiting the room without making a sound. People will exclaim, "Who WAS that?!" between short gasps of air, ensuring they all know your name as you stride down the hallway, not certain where you are going except towards bigger and better things.

to managing interpersonal relationships:

### **Keep Sizing People Up**

People are a mercurial lot. One day they couldn't be happier to see you. The next day they're screaming at you while surrounded by the shredded remains of what they keep calling "My birth certificate! My only birth certificate!"

In other words, you never know where you may stand with anyone. Therefore it's wise to keep a big distance but a close watch on others at all times, throwing off any suspicion of judgment with an expression of utter boredom that indicates you might yawn should they suddenly burst into flames. After all, even the calmest, happiest person today may be the very one sobbing over six shattered antique vases saying, "It's like you hate me!" tomorrow.

to matters of self-preservation:

### **When Proven Guilty, RUN**

Sometimes you will do something so wrong your only option is to flee, since staying put will involve their yelling and your insincere apology. That's when it's best to reflect on your actions from under a bed, behind a fridge, or wedged between sofa cushions, believing you are now indistinguishable from upholstery.

Then after an hour or five return neither contrite nor comprehending of their anger but radiating the message, "All is forgiven." They'll be surprised by your total inability to recognize your own wrongdoing. You'll be surprised to find someone else living in the house. And it is on this common ground of utter bewilderment that a new relationship can be built.

self-possession:

### **Wake Up Each Morning As If You Did Absolutely Nothing Wrong the Day Before**

If you can get out of bed and walk into a scene of utter destruction that clearly has your prints everywhere on it, if you can look at the very things you dangled from just the prior evening before screws and fastenings gave way, if you can actually climb over someone on their knees, picking up the shattered remains of their once cherished possessions and cheerfully sit expectantly at the table with a beaming smile and a hungry stomach, then yours will be a life without a stress or second guesses.

and the importance of rewarding yourself after you've spent all day impressing the world with your badassery:

### **Make Time to Enjoy Yourself. Thoroughly.**

Some days you will run and run and run and run and run and run in circles and just stop, never knowing what the hell all that running was about. And you will call those days "weekdays."

And on those hectic days it's important to occasionally stop, take a breath, and whip out your hind limb so you can lick yourself like you're made of ice cream down there. After all, we all have to make our own fun.

but the most important lesson here is perception and presentation - it's all about the words you use to frame your own narrative. always spin a criticism into an admirable quality and you'll have them all emulating you (and cats) in no time.

### **Indecision Shows that You're Thinking!**

You want to stay in. You want to go out. You want to stay in. You want to go out. You want to stay in. You want to put your foot in mayo. You can entertain numerous, often conflicting ideas at the same time because you're a thinker. You're an intellectual. And you know the longer you take your time deciding, the longer everything remains a possibility

now i have to go clean up a mess that someone made.

come to my blog!

---