

THE
Sleep Optimization
TOOLKIT



THE **SLEEP** SWITCH

KEITH ABLOW, MD AND
KATHRYN MUNOZ, PhD, MPH

Toolkit Sleep Optimization

Jiyuan Zhang



Toolkit Sleep Optimization:

Toolkit Sleep Optimization Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Toolkit Sleep Optimization**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

<https://ftp.thebrandexperience.com/data/book-search/HomePages/planner%20work%20from%20home%20setup.pdf>

Table of Contents Toolkit Sleep Optimization

1. Understanding the eBook Toolkit Sleep Optimization
 - The Rise of Digital Reading Toolkit Sleep Optimization
 - Advantages of eBooks Over Traditional Books
2. Identifying Toolkit Sleep Optimization
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Toolkit Sleep Optimization
 - User-Friendly Interface
4. Exploring eBook Recommendations from Toolkit Sleep Optimization
 - Personalized Recommendations
 - Toolkit Sleep Optimization User Reviews and Ratings
 - Toolkit Sleep Optimization and Bestseller Lists
5. Accessing Toolkit Sleep Optimization Free and Paid eBooks

- Toolkit Sleep Optimization Public Domain eBooks
 - Toolkit Sleep Optimization eBook Subscription Services
 - Toolkit Sleep Optimization Budget-Friendly Options
6. Navigating Toolkit Sleep Optimization eBook Formats
 - ePub, PDF, MOBI, and More
 - Toolkit Sleep Optimization Compatibility with Devices
 - Toolkit Sleep Optimization Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Toolkit Sleep Optimization
 - Highlighting and Note-Taking Toolkit Sleep Optimization
 - Interactive Elements Toolkit Sleep Optimization
 8. Staying Engaged with Toolkit Sleep Optimization
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Toolkit Sleep Optimization
 9. Balancing eBooks and Physical Books Toolkit Sleep Optimization
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Toolkit Sleep Optimization
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Toolkit Sleep Optimization
 - Setting Reading Goals Toolkit Sleep Optimization
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Toolkit Sleep Optimization
 - Fact-Checking eBook Content of Toolkit Sleep Optimization
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Toolkit Sleep Optimization Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In today's fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Toolkit Sleep Optimization PDF books and manuals is the internet's largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers

individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Toolkit Sleep Optimization PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Toolkit Sleep Optimization free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About Toolkit Sleep Optimization Books

1. Where can I buy Toolkit Sleep Optimization books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
3. How do I choose a Toolkit Sleep Optimization book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
4. How do I take care of Toolkit Sleep Optimization books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing,

and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.

7. What are Toolkit Sleep Optimization audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
10. Can I read Toolkit Sleep Optimization books for free? Public Domain Books: Many classic books are available for free as they're in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Toolkit Sleep Optimization :

~~planner work from home setup~~

~~tutorial coworking spaces~~

~~guide ai productivity tools~~

~~best ai productivity tools~~

automation remote work planner

digital nomad lifestyle toolkit

~~project management tools tips~~

~~work from home setup tips~~

advanced hybrid work

framework async communication

work from home setup top

trending ai productivity tools

manual virtual collaboration

~~digital productivity for beginners~~

2025 edition digital productivity

Toolkit Sleep Optimization :

the salmon who dared to leap higher english editi rodman - Jun 16 2022

web the salmon who dared to leap higher english editi the salmon who dared to leap higher english editi 2 downloaded from donate pfi org on 2021 08 21 by guest hitchhiker s guide to the galaxy and its classic sequels sadly for his countless admirers he hitched his own ride to the great beyond much too soon

the salmon who dared to leap higher english editi pdf - Feb 10 2022

web the salmon who dared to leap higher english editi pdf if you ally dependence such a referred the salmon who dared to leap higher english editi pdf ebook that will find the money for you worth get the extremely best seller from us currently from several preferred authors if you desire to humorous books lots of novels tale jokes and more

the salmon who dared to leap higher by ahn do hyun - Jul 30 2023

web apr 9 2015 synopsis the life of the salmon is a predictable one swimming upstream to the place of its birth to spawn and then to die this is the story of a salmon whose silver scales mark him out as different who dares to leap beyond his fate

the salmon who dared to leap higher amazon co uk - Apr 26 2023

web translated for the first time into english the salmon who dared to leap higher is a wise tender and inspiring modern fable about finding freedom and a harmony with nature we have either forgotten or lost in the binding realities of life read more print length 129 pages language

the salmon who dared to leap higher do hyeon ahn author - Jun 28 2023

web the salmon who dared to leap higher english 1 volume 20 cm translated from the korean access restricted item true addeddate 2020 07 29 19 06 22 boxid openlibrary edition ol27511099m openlibrary work ol20307664w page number confidence 90 91 pages 134 ppi 300 rcs key

the salmon who dared to leap higher kindle edition - Dec 23 2022

web apr 9 2015 translated for the first time into english though it s already sold over two million copies worldwide the salmon who dared to leap higher is a wise tender and inspiring modern fable about finding freedom and a harmony with nature we may have lost sight of in the rush of modern life

the salmon who dared to leap higher english edition - May 16 2022

web compre the salmon who dared to leap higher english edition de do hyun ahn smith deborah na amazon com br confira também os ebooks mais vendidos lançamentos e livros digitais exclusivos the salmon who dared to leap higher english edition ebooks em inglês na amazon com br

the salmon who dared to leap higher by ahn do hyun - Jul 18 2022

web the salmon who dared to leap higher ahn do hyun with deborah smith translator 130 pages missing pub info format paperback language english publisher pan publishing publication date 09 april 2015 fiction fantasy reflective sad slow paced to read read currently reading did not finish toggle book page action menu and links

book review the salmon who dared to leap higher by ahn - Nov 21 2022

web apr 26 2015 ahn do hyeon s the salmon who dared to leap higher translated into english for the first time here by deborah smith tells the story of a young salmon with uncharacteristically silver

the salmon who dared to leap higher kindle edition - Feb 22 2023

web apr 9 2015 the life of the salmon is a predictable one swimming upstream to the place of its birth to spawn and then to die this is the story of a salmon whose silver scales mark him out as different who dares to leap beyond his fate it s a story about growing up and about aching and ardent love

the salmon who dared to leap higher amazon co uk - Jan 24 2023

web his modern fable the salmon who dared to leap higher is his first work to be translated into english product details publisher pan new edit cover edition 13 jun 2024

the salmon who dared to leap higher english editi tom perrotta - Jan 12 2022

web expense of under as skillfully as evaluation the salmon who dared to leap higher english editi what you later than to read bone fae myenne ng 2015 11 03 we were a family of three girls by chinese standards that wasn t lucky in chinatown everyone knew our story outsiders jerked their chins looked at us shook their heads we heard things

the salmon who dared to leap higher by ahn do hyun goodreads - Aug 31 2023

web ahn do hyun deborah smith 3 68 1 062 ratings174 reviews the life of the salmon is a predictable one swimming upstream to the place of its birth to spawn and then to die this is the story of a salmon whose silver scales mark him out as different who dares to leap beyond his fate

the salmon who dared to leap higher google books - Mar 26 2023

web the life of the salmon is a predictable one swimming upstream to the place of its birth to spawn and then to die this is the story of a salmon whose silver scales mark him out as different

the salmon who dared to leap higher amazon com - Aug 19 2022

web apr 9 2015 the salmon who dared to leap higher do hyeon ahn on amazon com free shipping on qualifying offers the salmon who dared to leap higher paused you re listening to a sample of the audible audio edition learn more see all 3 images follow the author english publisher pan books publication date april 9 2015

the salmon who dared to leap higher english editi pdf - Mar 14 2022

web the salmon who dared to leap higher english editi dare to do right 3 tales maladapted the salmon atlas of pacific salmon the salmon macleod of dare view of the salmon fishery in scotland with observations on the nature habits and instincts of the salmon etc all the quiet places

the salmon who dared to leap higher english editi - Apr 14 2022

web english the salmon who dared to leap higher is a wise tender and inspiring modern fable about finding freedom and a harmony with nature we have either forgotten or lost in the binding realities of life

the salmon who dared to leap higher google books - May 28 2023

web apr 9 2015 ahn do hyun pan macmillan apr 9 2015 fiction 176 pages the life of the salmon is a predictable one swimming upstream to the place of its birth to spawn and then to die this is the

ebooks digital library of korean literature lti korea - Oct 21 2022

web for swimming upstream means pursuing something the salmon cannot see a dream translated for the first time into english the salmon who dared to leap higher is a wise tender and inspiring modern fable about finding freedom and a harmony with nature we have either forgotten or lost in the binding realities of life

the salmon who dared to leap higher english edition kindle edition - Sep 19 2022

web apr 9 2015 the salmon who dared to leap higher english edition ebook do hyun ahn smith deborah amazon de kindle store

1 7 hw key problems and answers prentice hall gold geometry - Sep 22 2023

web iv answers may vary sample suppose a is at $(2, 4)$ $(2, 5)$ which is a point in quadrant iii then b will be on the opposite side of the y axis at $(4, 2)$ $(5, 2)$ in quadrant iv

prentice hall gold geometry fill out sign online dochub - Mar 04 2022

web click on new document and choose the file importing option upload prentice hall geometry answers pdf from your device the cloud or a protected url make adjustments to the sample use the top and left side panel tools

prentice hall gold geometry answer key pdffiller - May 06 2022

web prentice hall gold geometry is a high school mathematics textbook that covers the concepts and principles of geometry it is published by prentice hall a division of pearson education and is widely used in american schools

prentice hall gold geometry workbook answer key pdffiller - Oct 11 2022

web fill prentice hall gold geometry workbook answer key edit online sign fax and printable from pc ipad tablet or mobile with pdffiller instantly try now

circlesprenticehallgoldgeometryanswers copy bb bravewords - Apr 05 2022

web feb 2 2009 prentice hall geometry 2000 07 laurie e bass a dictionary of the english language 1851 noah webster a

decade of the berkeley math circle 2008 11 26 zvezdelina stankova many mathematicians have been drawn to mathematics through their

teacher resource sampler tools of geometry 1 pearson - Mar 16 2023

web triangles are congruent justify your answers 8 Δ ghjandihj 9 qrs 10 developing proof use the information given in the diagram give a reason that each statement is true a l q b lnm qnp c m p d lm qp ln qn mn pn e Δ lm qnp prentice hall gold geometry teaching resources

prentice hall gold geometry answer key form signnow - Jul 08 2022

web prentice hall gold geometry workbook answer key check out how easy it is to complete and esign documents online using fillable templates and a powerful editor get everything done in minutes

prentice hall geometry online textbook help study com - Nov 12 2022

web apr 10 2023 course summary supplement what you re learning in math class with this prentice hall geometry online textbook help course the subjects covered in our short videos correspond to the chapters in

prentice hall mathematics geometry 1st edition textbook chegg - Oct 23 2023

web access prentice hall mathematics geometry 1st edition solutions now our solutions are written by chegg experts so you can be assured of the highest quality

prentice hall geometry pearson plc - Jul 20 2023

web welcome to geometry prentice hall geometry is part of an integrated digital and print environment for the study of high school mathematics take some time to look through the features of our mathematics program starting with powergeometry com the site of the digital features of the program

prentice hall geometry chapter 1 tools of geometry study com - Jan 14 2023

web test and improve your knowledge of prentice hall geometry chapter 1 tools of geometry with fun multiple choice exams you can take online with study com

prentice hall geometry virginia edition 1st edition quizlet - Aug 21 2023

web find step by step solutions and answers to prentice hall geometry virginia edition 9780132530811 as well as thousands of textbooks so you can move forward with confidence try the fastest way to create flashcards

free prentice hall gold geometry practice answer workbook - Sep 10 2022

web prentice hall gold geometry practice answer workbook geometry grade 3 jan 09 2022 the theorems and principles of basic geometry are clearly presented in this workbook along with examples and exercises for practice all concepts are explained in an easy to understand fashion to help students grasp geometry and

prentice hall geometry pearson plc - May 18 2023

web selected answers 6a the student used 6 instead of 2 6 8 2 6 8 as the preimage length in the denominator the correct scale factor is $n = \frac{2 \cdot 2 \cdot 6 \cdot 1 \cdot 4}{n \cdot 2 \cdot 2 \cdot 6 \cdot 1 \cdot 4}$ b the student did not write the scale factor with the image length in the numerator the correct scale factor is $n = \frac{1 \cdot 4}{n \cdot 1 \cdot 4}$

[prentice hall gold geometry answer key pdffiller](#) - Dec 13 2022

web prentice hall gold geometry is a textbook designed to provide comprehensive instruction and practice in the subject of geometry the purpose of the book is to help high school students develop a deep understanding of geometric concepts and skills

12 3 practice studyres - Jun 19 2023

web m b c 12 m b m c d prentice hall gold geometry teaching find the measures of all three angles of the triangle explain how you got your answer prentice hall gold geometry 0022 hsm11gmtr 1203 indd geometry lesson 12 study guide unit 4a 4 5 week assessment inscribed angles analytic geometry name review for test circle

prentice hall geometry pearson plc - Feb 15 2023

web prentice hall geometry acknowledgments appear on pages 962 963 pearson prentice hall pearson prentice hall and mathxl are trademarks in the u s and or other countries exploring the area of a circle 10 7 areas of circles and sectors practice and problem solving exercises

prentice hall gold geometry answer key form g pdffiller - Jun 07 2022

web prentice hall gold geometry form g answers pdf download here prentice hall algebra 1 geometry and algebra 2 florida mypearsontraining com pdfs tg path progcompfl pdf and selected fill form g prentice hall

prentice hall geometry chapter 12 circles study com - Apr 17 2023

web identify the lessons in prentice hall geometry circles chapter with which you need help find the corresponding video lessons within this companion course chapter watch fun videos that cover the

prentice hall gold geometry answer key fill online printable - Aug 09 2022

web prentice hall gold geometry is a comprehensive high school geometry course that helps students learn and apply the concepts of geometry it is designed to give students the skills they need to succeed in geometry and other mathematics courses

shifting the monkey naesp logo - Nov 06 2022

web apr 11 2018 shifting the monkey april 11 2018 by naesp staff topics mentoring and coaching principal leadership professional learning school culture and climate are you ever concerned about staff burnout or low morale do the best staff members do too much and other employees too little

[shifting the monkey the art of protecting good people from liars](#) - Jan 28 2022

web mar 31 2014 learn how to focus on your good employees first and help them shift these monkeys back to the underperformers through a simple but brilliant metaphor the author helps you reinvigorate your staff and transform your organization

shifting the monkey the art of protecting good people from - Feb 26 2022

web through a simple but brilliant metaphor whitaker helps you reinvigorate your staff and transform your organization genres leadership education nonfiction teaching business

shifting the monkey the art of protecting good people from - Mar 30 2022

web sep 3 2020 shifting the monkey the art of protecting good people from liars criers and other slackers everyone has responsibilities obligations and problems to deal with in the workplace and in life some people however have mastered the art of shifting those monkeys onto the backs of others

shifting the monkey book review youtube - Sep 04 2022

web may 7 2023 this video provides a top 10 list of leadership key points or nuggets from todd whitaker s book shifting the monkey the purpose of the video is to summarize

shifting the monkey the art of protecting good people from - Feb 09 2023

web shifting the monkey is one of those rare books that really challenges you to think differently dana altman head men s basketball coach university of oregon about the author todd whitaker phd is a professor of educational leadership at indiana state university recognized as a leading presenter in the fields of education and

shifting the monkey the art of protecting good people from - Jun 13 2023

web shifting the monkey the art of protecting good people from liars criers and other slackers ebook whitaker todd amazon com au kindle store

shifting the monkey the art of protecting good people from - Mar 10 2023

web shifting the monkey shifting the monkey find out how and why responsible hardworking employees often get saddled with too many monkeys learn how leaders can put monkeys back where they belong and focus on supporting and cultivating discover the critical issue at the heart

shifting the monkey the art of protecting good people from - Jul 14 2023

web mar 17 2014 shifting the monkey the art of protecting good people from liars criers and other slackers kindle edition by todd whitaker author format kindle edition 630 ratings see all formats and editions kindle 11 38 read with our free app audiobook 0 00 free with your audible trial great on kindle great experience great value

shifting the monkey the art of protecting good people from - Jul 02 2022

web shifting the monkey corwin press amoral cunning ruthless and instructive this multi million copy new york times

bestseller is the definitive manual for anyone interested in gaining observing or defending against ultimate control from the author of the laws of human nature in the

shifting the monkey the art of protecting good people from - Apr 30 2022

web oct 18 2021 shifting the monkey the art of protecting good people from liars criers and other slackers todd whitaker

shifting the monkey the art of protecting good people from - Dec 27 2021

web shifting the monkey the art of protecting good people from liars criers and other slackers todd whitaker barbie annual 2008 anon victor hugo his life and work george barnett smith two hour nosew decorating easily transform fabric into soft furnishings and enhance decorative accents with it in just two hours and you won t have to

shifting the monkey the art of protecting good people from - Jan 08 2023

web shifting the monkey the art of protecting good people from liars criers and other slackers whitaker todd amazon com tr kitap

shifting the monkey the art of protecting good people from liars - Dec 07 2022

web learn how to focus on your good employees first and help them shift these monkeys back to the underperformers through a simple but brilliant metaphor todd whitaker helps you reinvigorate your staff and transform your organization

review shifting the monkey the art of protecting good people - Jun 01 2022

web dec 10 2019 shifting the monkey by todd whitaker is an excellent guide for any administrator looking to better distribute the workload in schools matt renwick is a 15 year public educator who began as a 5th and 6th grade teacher in a country school outside of wisconsin rapids wi

shifting the monkey the art of protecting good people from - Aug 15 2023

web shifting the monkey the art of protecting good people from liars

shifting the monkey the art of protecting good from liars - Aug 03 2022

web jan 28 2012 why slackers go monkey free 4 how to put monkeys in their place 5 chapter 2 out of place monkeys 7 when are monkeys acceptable 9 why do monkeys keep shifting 10 why do millions of managers struggle with monkeys 12 the rise of the monkey 14 a new look at leadership 15 three important questions 17 chapter 3

shifting the monkey the art of protecting good people from liars - May 12 2023

web learn how to focus on your good employees first and help them shift these monkeys back to the underperformers through a simple but brilliant metaphor todd whitaker helps you reinvigorate your staff and transform your organization

shifting the monkey the art of protecting good people from - Oct 05 2022

web shifting the monkey the art of protecting good people from liars criers and other slackers whitaker todd amazon com tr kitap

shifting the monkey solution tree - Apr 11 2023

web mar 10 2014 overview shifting the monkey poor employees get a disproportionate amount of attention why because they complain the loudest create the greatest disruptions and rely on others to assume the responsibilities that they shirk learn how to focus on your good employees first and help them shift these monkeys back to the