

# walking in circles before lying down

Walking in Circles Before Lying Down: Why We Do It and What It Means

**Walking in circles before lying down** is a curious behavior that many people might find themselves doing without even realizing it. Perhaps before bedtime or when settling down for a nap, you might pace around your room, making several loops before finally collapsing onto your bed or couch. While this habit might seem trivial or even odd at first glance, it actually has roots in both human psychology and biology. Understanding why we walk in circles before lying down can shed light on our instincts, routines, and the subtle ways our bodies prepare for rest.

## The Origins of Walking in Circles Before Lying Down

Humans share many behaviors with animals, some of which date back to our evolutionary past. One such behavior is the act of pacing or walking in circles before settling down to rest. In the wild, animals often circle their sleeping spots to flatten tall grasses, check for dangerous insects, or ensure the area is safe from predators. This instinctual “nesting” behavior helps them feel secure and comfortable.

## Evolutionary Roots and Instinctual Nesting

Before modern bedding and cozy bedrooms existed, our ancestors had to find or create suitable sleeping spots outdoors. Circling around allowed them to inspect the area thoroughly, remove sharp objects, and create a comfortable surface. While we no longer need to physically prepare our sleeping spots, the underlying instinct persists in subtle ways. Walking in circles before lying down might be a remnant of this ancient ritual—a subconscious way to transition from activity to rest.

## Psychological Comfort and Routine

Beyond evolutionary explanations, walking in circles before lying down often serves as a calming ritual. Many people find that pacing or gentle movement helps them unwind, especially after a long day or during moments of anxiety. This movement can release built-up tension, allowing the mind and body to relax more fully when finally lying down.

The repetition of walking in circles can also signal a mental “switch” from wakefulness to restfulness. Much like how people have bedtime routines involving reading or meditation, pacing might be part of an individualized routine that helps prepare the brain for sleep.

## How Walking in Circles Affects Sleep Quality

Interestingly, this seemingly simple behavior might influence sleep quality more than one would

expect. The act of moving before lying down can stimulate both physical and mental states that promote better rest.

## **Physical Benefits: Loosening Muscles and Easing Tension**

After a sedentary day or prolonged periods of sitting, muscles can feel stiff or tight. Walking in circles gently activates the legs and core, promoting blood flow and loosening muscles before settling down. This can reduce discomfort that might otherwise interfere with falling asleep quickly.

## **Mental Preparation for Rest**

Walking in circles can also serve as a form of mindfulness or self-soothing behavior. The repetitive motion helps focus the mind away from stressful thoughts or worries. This meditative effect can lower cortisol levels, the stress hormone, making it easier to drift off once lying down.

## **When Walking in Circles Becomes a Sign of Anxiety or Restlessness**

While walking in circles before lying down can be a harmless or even beneficial habit, in some cases it could indicate underlying anxiety or restlessness. Recognizing when this behavior signals a deeper issue is important.

## **Signs That It Could Be Linked to Anxiety**

If you find yourself pacing in circles frequently, especially accompanied by racing thoughts, sweating, or heart palpitations, it might be a sign of anxiety or stress. This behavior could be your body's way of coping with overwhelming emotions or nervous energy.

## **Strategies to Address Restlessness**

If pacing feels compulsive or interferes with your ability to relax, try incorporating relaxation techniques such as:

- Deep breathing exercises to calm the nervous system
- Progressive muscle relaxation to relieve tension
- Guided meditation or visualization to redirect anxious thoughts

- Gentle stretching to ease physical restlessness

These approaches may reduce the need to pace and improve your overall sleep hygiene.

## **How to Make Walking in Circles Before Lying Down Work for You**

If you notice that walking in circles before lying down helps you unwind, you can intentionally incorporate this habit into a broader bedtime routine. Here are some tips to do so effectively:

### **Create a Calm Environment**

Choose a quiet, dimly lit space where you feel safe and comfortable. Avoid harsh lighting or loud noises that could disrupt your relaxation.

### **Combine Movement with Mindfulness**

While walking in circles, focus on your breath or the sensation of your feet touching the floor. This can deepen the calming effect and prepare your mind for sleep.

### **Limit the Duration**

Aim for just a few minutes of gentle pacing. Too much movement right before lying down might make it harder to settle, so find a balance that feels right for you.

### **Pair With Other Sleep-Friendly Habits**

Consider coupling your walking ritual with activities like reading a book, listening to soft music, or drinking a warm herbal tea. Together, these habits can create a powerful signal to your brain that it's time to rest.

## **Understanding the Science Behind Pre-Sleep Movement**

Scientific research into pre-sleep behaviors highlights the importance of physical activity in regulating sleep patterns. Moderate movement can influence circadian rhythms and help signal the

body that it's transitioning to rest.

## **The Role of Circadian Rhythms**

Our internal biological clock, or circadian rhythm, governs sleep-wake cycles. Engaging in light activity like walking in circles before bed may help align this rhythm, especially if it becomes part of a consistent nightly routine.

## **Impact on Nervous System Regulation**

Movement stimulates the parasympathetic nervous system—the branch responsible for relaxation and recovery. This activation encourages slower heart rates and reduced muscle tension, facilitating the onset of sleep.

## **Walking in Circles Before Lying Down in Different Cultures**

Interestingly, the practice of pacing or walking in small loops before rest is not exclusive to any one culture. Various societies have rituals involving movement before sleep, often tied to spiritual or practical reasons.

## **Traditional Rituals and Sleep Preparation**

In some Indigenous cultures, walking or circling in designated spots before settling down is part of cleansing or grounding ceremonies. These movements help individuals mentally and physically prepare for rest or meditation.

## **Modern Interpretations**

Today, many people might unknowingly incorporate this age-old habit into their personal routines. Recognizing its presence across cultures can provide comfort and a sense of connection to shared human experience.

## **Tips for Those Who Don't Walk in Circles Before Lying Down**

If you don't naturally pace before bed but are curious about incorporating this technique, here are some tips to start gently:

- Begin with slow, mindful steps around your bedroom or living space
- Focus on your breath to stay present during the movement
- Keep the duration short to avoid overstimulation
- Notice how this habit affects your ability to relax and fall asleep

Even if walking in circles doesn't become a nightly ritual for you, experimenting with light movement before bedtime can uncover new ways to soothe your body and mind.

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Whether as a leftover instinct from our ancestors or a personal calming ritual, walking in circles before lying down is a fascinating behavior that connects movement with rest. Paying attention to this habit and understanding its effects can open doors to improved sleep and greater self-awareness, turning a simple act into a meaningful part of your nightly routine.

## **Frequently Asked Questions**

### **Why do some people walk in circles before lying down?**

Walking in circles before lying down can be a subconscious behavior aimed at calming the mind and body, helping to transition from activity to rest.

### **Is walking in circles before bed a sign of anxiety?**

In some cases, walking in circles before lying down may indicate anxiety or restlessness, as repetitive movement can serve as a coping mechanism to manage stress.

### **Can walking in circles improve sleep quality?**

For some individuals, walking in circles can help release nervous energy and promote relaxation, potentially leading to improved sleep quality.

### **Is walking in circles before lying down common in children?**

Yes, children sometimes walk in circles before lying down as part of their self-soothing routines or to expend excess energy before sleep.

### **Could walking in circles before lying down be related to neurological conditions?**

In rare cases, repetitive walking or pacing behaviors might be associated with neurological or

psychiatric conditions and should be evaluated by a healthcare professional if persistent or concerning.

## **Does walking in circles before lying down have any cultural or traditional significance?**

In some cultures, certain movements or rituals before sleep, including walking in patterns, might be practiced for spiritual or meditative purposes, though walking in circles specifically varies widely.

## **How can I stop the habit of walking in circles before lying down if I find it disruptive?**

To reduce this habit, try establishing a calming bedtime routine, practicing relaxation techniques, and addressing any underlying stress or anxiety that may be causing restlessness.

## **Is walking in circles before lying down harmful?**

Generally, walking in circles before lying down is harmless unless it interferes with daily life or sleep; if it causes distress or indicates underlying issues, consulting a healthcare provider is advisable.

## **Additional Resources**

Walking in Circles Before Lying Down: An Analytical Perspective

**walking in circles before lying down** is a behavioral phenomenon observed across various species, including humans and animals. This seemingly simple action often raises questions about its underlying causes, psychological significance, and potential benefits. While it might appear trivial or even puzzling at first glance, walking in circles before lying down can reveal insights into instinctual behaviors, comfort-seeking mechanisms, and even neurological functions. This article delves into the nuances of this behavior, exploring its prevalence, explanations, and implications from a professional standpoint.

## **Understanding the Behavior: What Does Walking in Circles Before Lying Down Indicate?**

The act of walking in circles before settling down is frequently noticed in common scenarios—pets pacing around a spot before curling up, or individuals pacing repetitively before bedtime. This repetitive movement often precedes a restful state, suggesting a preparatory phase in the transition from wakefulness to sleep or rest.

From an ethological perspective, walking in circles before lying down can be considered a vestigial behavior inherited from ancestors. In wild animals, this movement served practical purposes such as trampling down grass, checking the area for threats, or creating a comfortable nest. In domestic animals like dogs and cats, this ritual persists despite the absence of immediate survival needs,

indicating its deep-rooted evolutionary origins.

In humans, while less overt, similar pacing or restlessness before lying down might be linked to cognitive or emotional states, such as anxiety, anticipation, or the need to establish a comfortable sleeping environment. Understanding this behavior requires examining both physiological and psychological components.

## Neurological and Psychological Perspectives

Neurologically, walking in circles before lying down may be associated with the brain's regulation of arousal and motor control. The basal ganglia, a group of nuclei involved in movement regulation, can influence repetitive behaviors. In some cases, this pacing reflects a self-soothing mechanism, helping to reduce stress or nervous energy before sleep.

Psychologically, this behavior might serve as a grounding ritual, providing a sense of control and predictability. For individuals experiencing insomnia or restlessness, pacing or walking in circles could assist in transitioning the mind from an active to a relaxed state. Some behavioral studies suggest that such movements can help dissipate excess adrenaline or cortisol, hormones linked to stress responses.

## Comparative Analysis: Animals vs. Humans

The behavior of walking in circles before lying down manifests differently across species, offering a fascinating comparative perspective.

### In Animals

- **Domesticated Dogs and Cats**: Often seen circling their chosen sleeping spot multiple times before lying down, this behavior is linked to ancestral instincts. Dogs, for instance, would circle to pat down grass or leaves, creating a softer, safer resting place. This ritual also allowed them to survey their surroundings for potential threats.
- **Wild Animals**: Predators and prey alike exhibit similar behaviors. For example, lions and wolves circle before settling, which may serve to position themselves optimally for quick escape or defense during sleep.
- **Livestock**: Cattle and sheep sometimes walk in repetitive patterns before lying down, possibly to find a comfortable spot or to compact the bedding.

### In Humans

While humans rarely walk in literal circles before lying down, analogous behaviors such as pacing, shifting positions repeatedly, or performing pre-sleep routines serve similar functions. These actions

can be especially pronounced in children or individuals with heightened anxiety.

Studies have shown that pre-sleep rituals, including mild physical activity or repetitive movements, can facilitate the onset of sleep by calming the nervous system. However, excessive pacing or restlessness may indicate underlying sleep disorders or psychological distress.

## Potential Benefits and Drawbacks

The habitual action of walking in circles before lying down carries both advantages and disadvantages, depending on context and frequency.

### Benefits

- **Comfort and Preparation:** Circling may help individuals or animals identify the most comfortable position or spot for rest.
- **Stress Reduction:** Repetitive movements can act as a calming mechanism, reducing anxiety and promoting relaxation.
- **Environmental Assessment:** In animals, this behavior aids in detecting hazards and ensuring safety before vulnerability during sleep.
- **Sleep Facilitation:** Mild pre-sleep activity or rituals can improve sleep onset latency by easing the transition into rest.

### Drawbacks

- **Excessive Restlessness:** When pacing or circling becomes excessive, it may signal anxiety, neurological disorders, or insomnia.
- **Energy Expenditure:** Unnecessary movement before sleep could delay rest and increase physical fatigue.
- **Potential for Injury:** In confined spaces, repetitive circling might lead to falls or collisions.

Understanding these pros and cons highlights the importance of context in evaluating the behavior's significance.

# Scientific Investigations and Data

Empirical research into walking in circles before lying down remains limited but informative. Ethologists studying canine behavior have documented that dogs typically circle their sleeping spot 3 to 5 times—a consistent pattern across breeds. This repetition is thought to be genetically encoded rather than learned.

Sleep researchers have explored pre-sleep movements in humans, noting that mild physical activity such as pacing or stretching can enhance sleep quality by reducing muscle tension and mental arousal. However, excessive activity tends to disrupt sleep architecture.

Neurological studies link repetitive motor behaviors with basal ganglia activity, observing that disruptions in this region can lead to pathological pacing or circling, as seen in certain movement disorders. These findings suggest that walking in circles before lying down, when moderate, is a normal behavior but can also be a symptom under pathological conditions.

## Behavioral Observations in Clinical Settings

In clinical contexts, repetitive circling may be observed in patients with dementia or Parkinson's disease, often as a manifestation of neurological decline. Caregivers note that such pacing can increase during periods of confusion or agitation.

Conversely, in mental health therapy, encouraging controlled pre-sleep routines, including light walking or movement, has shown promise in reducing insomnia symptoms. This underscores the dual nature of circling behaviors as both instinctual and modifiable.

## Implications for Sleep Hygiene and Animal Care

For humans, integrating knowledge about walking in circles before lying down into sleep hygiene practices could inform personalized bedtime routines. For instance, allowing brief periods of gentle pacing or movement before settling into bed might benefit those struggling with restlessness.

In animal care, understanding this behavior aids caretakers in providing suitable bedding and safe environments that respect natural instincts. Providing ample space and comfortable materials can reduce the need for excessive circling and promote better rest.

Veterinarians and animal behaviorists often advise pet owners to observe these behaviors as indicators of well-being or distress. Sudden changes in circling frequency or intensity may warrant medical evaluation.

## Recommendations for Managing Pre-Sleep Circling

1. Maintain a consistent sleep schedule to minimize restlessness.

2. Create a comfortable, safe environment that reduces the need for preparatory movement.
3. Incorporate relaxation techniques such as deep breathing or gentle stretching.
4. Monitor for signs of anxiety or neurological issues if circling becomes excessive.
5. For pets, provide bedding that mimics natural nesting materials.

Such strategies can help harness the positive aspects of this behavior while mitigating potential negatives.

Walking in circles before lying down emerges as a multifaceted behavior with evolutionary roots and psychological dimensions. Whether serving as a preparatory ritual, a comfort-seeking activity, or a neurological symptom, it reflects the complex interplay between body and mind in the pursuit of rest. Recognizing the subtle signals embedded in this action can enhance our understanding of sleep behaviors and improve well-being for both humans and animals alike.

## [Walking In Circles Before Lying Down](#)

**walking in circles before lying down:** *Walking in Circles Before Lying Down* Merrill Markoe, 2007-08-28 Dawn Tarnauer's life isn't exactly a success story. Already twice divorced, the young Californian is too busy job-hopping to start a career, her current boyfriend insists on living "off the grid," her Life Coach sister perpetually interferes with incomprehensible affirmations, her eccentric mother is busy promoting the culmination of her life's work: The Every Holiday Tree, and her father is ending his brief third marriage while scheduling two dates for the same night. Dawn's only source of security and comfort, it seems, is Chuck, a pit-bull mix from the pound. So, when her boyfriend announces that he's leaving her for another woman, a despairing Dawn turns to Chuck for solace. "I should have said something sooner," Chuck confides, as he tries to console her. "Couldn't you smell her on his pants?" Dawn is stunned. It's one thing to talk to your pets, but what do you do when they start talking back? It's not just Chuck, either; she can hear all dogs-and man's best friend has a lot to say. The ever-enthusiastic Chuck offers his tried-and-true advice on the merits of knocking over garbage and strewing it everywhere, auxiliary competitive peeing etiquette, and the curative powers of tossing a ball. Doubtful of her own sanity, Dawn considers that, in the ways of life and love, it might be better to trust Chuck's doggie instincts instead of her own. Filled with sharp wit, biting humor, and canine conversation that would make Doctor Dolittle's jaw drop, Merrill Markoe's engaging, cleverly written novel is about the confusing search for love and the divine acts of dog.

**walking in circles before lying down: Can Holding in a Fart Kill You?** Andrew Thompson, 2015-06-23 The bestselling author of *Hair of the Dog to Paint the Town Red* share more than 150 baffling, bizarre, and enlightening facts in the fun trivia collection. This curious, captivating collection of trivia will surprise and intrigue readers with amazing answers to questions like: • Is Jurassic Park possible? • What causes "the shakes" after drinking a lot of alcohol? • Why do dogs walk in circles before lying down? • What makes popcorn pop? The follow-up to the bestselling *What Did We Use Before Toilet Paper?*, *Can Holding in a Fart Kill You?* has even more fun and fascinating trivia. Perfect for the ever-curious trivia lover, this book is the ultimate in truly extraordinary information. From silly to serious to outright bizarre, this expansive collection offers surprising answers and unexpected facts on everything from history and science to pop culture and nature.

From the everyday to the fantastical—it's all here. "A very handy book that could honestly, save their life—or just answer all those questions they're maybe too embarrassed to even google." —Buzzfeed

**walking in circles before lying down: And Here's the Kicker** Mike Sacks, 2024-04-30

Interviews with David Sedaris, Dave Barry, Jack Handey, Bob Odenkirk, and other humor-writing pros: "Sure to captivate anyone who loves a good comedy." —Publishers Weekly (starred review) If you aspire to write sitcoms, standup, screenplays, or satirical essays—or are just a connoisseur of comedy—you should learn from the professionals. With interviews from twenty-one top humor writers whose credits include everything from Marx Brothers movies to Borat and The Office, readers will score not only professional advice but personal details about their processes, influences, and experiences in the industry—and, of course, more than a few amusing stories. Discover what Paul Feig thinks would have happened to Freaks and Geeks if the show had had another season; what the writers' room at SNL is really like; how the Onion editorial staff dealt with the aftermath of 9/11; and much, much more. These humor writers are among the best in the business, ranging from veterans to newcomers, and have collectively been involved with many of the pop culture touchstones of the last half-century. Interviewees include: Stephen Merchant (The Office) · Harold Ramis (Animal House, Groundhog Day) · Dan Mazer (Da Ali G Show, Borat) · Paul Feig (Freaks and Geeks) · Bob Odenkirk (The Ben Stiller Show) · Todd Hanson (The Onion) · Mitch Hurwitz (Arrested Development) · David Sedaris (Me Talk Pretty One Day) · Al Jaffee (Mad) · Allison Silverman (The Colbert Report) · Robert Smigel (Late Night with Conan O'Brien) · Dave Barry (Dave Barry Is Not Making This Up) · Larry Wilmore (In Living Color, The Bernie Mac Show) · Jack Handey (Saturday Night Live) · Larry Gelbart (M\*A\*S\*H, Tootsie) · Buck Henry · Merrill Markoe · Irving Brecher · Marshall Brickman · George Meyer · Dick Cavett "Remarkably frank interviews . . . reads like a secret history of popular culture." —Time "Loaded with information for people interested in comedy, not just those who want to work in the business." —PopMatters

**walking in circles before lying down: Nose Down, Eyes Up** Merrill Markoe, 2010 From the New York Times-bestselling author of Walking in Circles Before Lying Down comes a hilarious novel about a man who won't grow up, his confused relationship with women, and his four (talking) dogs.

**walking in circles before lying down: The Devil's Engine: Hellwalkers** Alexander Gordon Smith, 2017-11-07 From the author of Fury, The Devil's Engine: Hellwalkers concludes an explosive trilogy about the secret battle for control of an all-powerful ancient machine which can grant you anything you wish for, in exchange for your soul. In the third and final book of Alexander Gordon Smith's Devil's Engine series, Marlow and Pan are in hell. Literally in hell. Faced with the awful truth of being trapped in the underworld for an eternity—of Pan being trapped—Marlow makes a final deal with the Devil, a deal to go home. But he should have known: there is no real escape from a fight with the ultimate enemy. And when all hell breaks loose, it will be a war to end all wars—with demonic creatures spilling into the streets, monsters emerging from the shadows. Only the Hellraisers stand in their way, and they're not sure this is a battle they can win. They have no powers, they have no weapons. But they have each other, and they have hope, and they know how to kick ass.

**walking in circles before lying down: The Courage to Learn** Marcia Eames-Sheavly, Paul Michalec, Catherine M. Wehlburg, 2023-07-03 It takes courage to engage in the kind of deep, transformational learning that so many people need in their lives, and this book is designed to help find and nurture that courage in learners, including those that are engaged in facilitating the courageous learning of others. Inspired by Parker Palmer's classic book, The Courage to Teach, the authors have carefully examined the learning side of the teaching and learning relationship, and this book shares the resulting wealth of knowledge and experience with readers. This book is informed by Palmer's observation that the conversations in teaching can be organized around four questions: what, how, why and who. In this book, the authors center learning instead of teaching as they ask: What is the content of learning? How do we learn? Why is it necessary, what motivates us? And, who is the self that learns? The authors have engaged in conversation with adult learners across the lifespan, representing different ages, social/economic levels, and approaches to learning. Drawing

on these discussions, their own experiences, and the scholarly literature, they weave a tapestry with threads of learning and teaching, story, and analysis that serve as warp and weft. The authors pay tribute to the learner's journey in the fullness of the process and name the distinct forms of courage that learning takes. In the concluding chapter, the authors explore the implications for educational practice, and offer guidance for any educator wishing to bring a Courage to Learn conversation to their community.

**walking in circles before lying down:** The Bedford Guide for College Writers with Reader, Research Manual, and Handbook with 2009 MLA and 2010 APA Updates X. J. Kennedy, Dorothy M. Kennedy, Marcia F. Muth, 2010-04 When it was first published twenty years ago, The Bedford Guide for College Writers brought a lively and innovative new approach to the teaching of writing. Since that time, authors X. J. and Dorothy M. Kennedy have won praise for their friendly tone and their view, apparent on every page of the text, that writing is the usually surprising, often rewarding art of thinking while working with language. More recently, experienced teacher and writer Marcia F. Muth joined the author team, adding more practical advice to help all students — even those underprepared for college work — become successful academic writers. While retaining the highly praised Kennedy touch, The Bedford Guide continues to evolve to meet classroom needs. The new edition does even more to build essential academic writing skills, with expanded coverage of audience analysis, source-based writing, argumentation and reasoning, and more.

**walking in circles before lying down: Cool, Calm & Contentious** Merrill Markoe, 2012-08-07 "This is so well written. [When a book like this] comes along, it's, like, 'Thank you!' What a great way to spend an afternoon, an evening, reading these essays. . . . Absolutely great."—Jon Stewart "[Merrill] Markoe is easily as funny as David Sedaris. She's capable of manic riffs and acerbic skewering. Still, her good nature shines through."—The Washington Post In this hilarious collection of candid essays, including two pieces new to this edition, New York Times bestselling author Merrill Markoe reveals much about her personal life—as well as the secret formula for comedy: Start out with a difficult mother, develop some classic teenage insecurities, add a few relationships with narcissistic men, toss in an unruly pack of selfish dogs, finish it off with the kind of crystalline perspective that only comes from years of navigating a roiling sea of unpleasant and unappeasable people, and—voilà—you're funny! Cool, Calm & Contentious is honest, unapologetic, sometimes heartbreaking, but always shot through with Merrill Markoe's biting, bracing wit. "This has been a great year for funny women. . . . Let's call Tina Fey and Mindy Kaling exhibits A and B. Both owe a debt to those who came before, including Merrill Markoe."—The Boston Globe "Markoe's goal is to find the absurdity in everyday life. That, coupled with her sharp wit, makes her writing sublime."—BookPage "Laugh-out-loud humor."—Tampa Bay Times "Not only crazy-funny, but crazy-heartbreaking."—The New York Times

**walking in circles before lying down: We Saw Scenery** Merrill Markoe, 2020-10-13 "Merrill Markoe got all the talent. In addition to being an Emmy-award winning comedy writer, she's also a top-notch artist. We Saw Scenery is revealing, sad, funny, and, above all, relatable. Merrill captures the experience of a young woman finding—and holding onto—her own voice. And we're all lucky she did." —Nell Scovell, author of Just the Funny Parts In her first-ever graphic memoir, four-time Emmy-winning comedy writer Merrill Markoe unearths her treasured diaries, long kept under lock and key, to illustrate the hilarious story of her preteen and teen years and how she came to realize that her secret power was her humor. Wielding her layered and comically absurd style, Markoe takes readers back through her time as a Girl Scout, where she learned that "scouting" was really more about learning housewifery skills, to her earliest crushes on uniquely awful boys and her growing obsession with television. Much has changed in our world since Markoe wrote in her diaries, or has it? Climate change wasn't yet a rallying call, but the growing hole in the ozone preoccupied Markoe's young mind. No one was flocking to the desert for Burning Man, but Markoe readily partook in the Ken Kesey Acid Test. As she charts the divide between her adolescence and adulthood, Markoe questions and berates her younger self, revealing how much is opaque to us in those young years. Perfect for fans of Roz Chast, Allie Brosh, and Lynda Barry, We Saw Scenery is a

laugh-out-loud story of a girl growing up, told from the perspective of the woman she became, and it will speak to all who wanted to understand themselves in the midst of their own maturing.

**walking in circles before lying down: Care To Make Love In That Gross Little Space Between Cars?** The Believer, 2012-03-06 The Believer magazine presents a compendium of advice from producers, writers, and actors of The Daily Show, Saturday Night Live, Parks and Recreation, Late Show with David Letterman, The Hangover, and The Colbert Report, along with other musicians, cartoonists, New Yorker writers, and those similarly unqualified to offer guidance. Here Amy Sedaris describes the perfect murder for unwanted hermit crabs—you will need a piece of meat and a brick. Simon Rich explains how to avoid being found dead in your underwear by firemen—buy some long johns. Zach Galifianakis provides insight into how he changed his name without a social security card—he just started calling himself Adam Zapple, and it stuck. Bob Saget finally illuminates what “friends with benefits” really means—a nonsexual relationship wherein your ex makes monetary deposits into your bank account. Contributors include: Rob Baedeker, Anne Beatts, Elizabeth Beckwith, Jerri Blank, Roz Chast, Louis C.K., Mike Doughty, Dave Eggers, Rich Fulcher, Zach Galifianakis, Dan Guterma, Anthony Jeselnik, Julie Klausner, Lisa Lampanelli, Nick Hornby, Sam Lipsyte, Liam Lynch, Merrill Markoe, Rose McGowan, Misc. Canadian rock musicians, Laraine Newman, The Pleasure Syndicate, Bob Powers, Simon Rich, Bob Saget, George Saunders, Kristen Schaal, Paul Scheer, Amy Sedaris, Allison Silverman, Paul Simms, Brendon Small, Jerry Stahl, Scott Thompson, Fred Willard, Cintra Wilson, Weird Al Yankovic, and Alan Zweibel

**walking in circles before lying down: Which Way the Wind Blows** Judith Cremer, 2007-04 In 1976, Don and Judy Cremer, and their two very young children, moved into a Christian commune in an inner-city district of Portland, Oregon. Participants in a risky outreach experiment, they expected to experience all things in common with their co-habitants. But suddenly thrust into a myriad of both personal and corporate struggles, they unexpectedly discovered the uncommon-and often miraculous-protection and provision of God. Coping with dangers and dilemmas, and developing discernment of the winds of the Spirit-without being blown away by every wind of doctrine-has produced an indelible imprint of spiritual maturity in their lives. Written with delightful candor and authenticity, Judy's memoir allows us a peek over her shoulder, taking us back in time 30 years. Her story is just as compelling and relevant for today, as she touches on the Vietnam War era, Ford's presidency, the birth of the New Monastic Movement. Born in Portland, Oregon, Judith Cremer returned there at age 19, after meeting and marrying her husband, Donald, in California. It was there, in the midst of the Jesus Movement revival of the 1970s, they experienced the events chronicled in this memoir. Following her career as a retail store manager and paralegal during the 1980s and 90s, she now relishes the slower pace of life in the Arkansas Ozarks. She and Don have four grown children and six grandchildren, and one of their favorite pastimes is traveling around the country visiting them. They enjoy renovating their historic home and remain occupied working with various local ministries. For many years Judith wrote a monthly column in her church's newsletter, and has led and formatted women's Bible studies. Judith has numerous essays and short stories to her credit, dealing with current events, women's interest and Christian growth. This is her first book.

**walking in circles before lying down: The Perfection Deception** Jane Bluestein, 2015-08-25 When Dr. Bluestein would tell someone that she just finished writing a book on perfectionism, she would often hear a whole tirade on shoddy workmanship and terrible customer service. 'If you ask me, we need a whole lot more perfectionism,' one individual insisted

**walking in circles before lying down: 2009 Writer's Market** Robert Brewer, 2008-06-01 For 88 years, Writer's Market has given fiction and nonfiction writers the information they need to sell their work—from completely up-to-date listings to exclusive interviews with successful writers. The 2009 edition provides all this and more with over 3,500 listings for book publishers, magazines and literary agents, in addition to a completely updated freelance rate chart. In addition to the thousands of market listings, you'll find up-to-date information on becoming a successful freelancer covering everything from writing query letters to launching a freelance business, and more.

**walking in circles before lying down: Not Funny** Jena Friedman, 2024-05-07 Friedman's debut collection, *Not Funny*, takes on the third rails of modern life in Jena's bold and subversive style, with essays that explore cancel culture, sexism, work, celebrity worship, and...dead baby jokes. In a moment where women's rights are being rolled back, fascism is on the rise, and so many of us could use a breather as we struggle to get by, Jena applies her unique gifts to pull a laugh from things deemed too raw, too precious, and too scary to joke about. She shares her stories of taking on those who told her she was too brash, too edgy, and too unlikable to make it. She deftly dissects how we get coerced into silence on the issues that matter most, until they've gone too far afield to be turned back around again. And she shares her struggles to make it (-ish) in a world that, more often than not, would rather tune out than listen to a woman confronting the indignities we've been told to bear.--Dust jacket flap.

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passing on her devious tricks-of-the-trade to her legions of furry pupils. In *Small Dog, Big Life*, Genevieve sinks her teeth into such topics as driving tips for dogs, the tragedy of doorbells in TV commercials, measuring the intelligence of humans, finding a reason for cats, how prehistoric dogs saved the caveman's bacon, converting your house into an agility course, and productive kitchen behavior. Throughout, Genevieve unleashes a scathing analysis of human culture that will have sociologists all over the world looking for new jobs, while inspiring canines everywhere to rise up and assume their rightful places as heads of the household. Insightful, entertaining, and peppered with sophistication, wit, and charm, *Small Dog, Big Life* is not only for animal lovers of all ages but for anyone who appreciates an ironic sense of humor. And, ultimately, through Genevieve's words, it is a celebration of the wondrous and loving relationship between dogs and their people.

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