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Before I Go to Sleep: A Novel [S. J. Watson] on Amazon.com. *FREE* shipping on qualifying offers. The New York Times bestseller, now available in paperback— a disturbing psychological thriller Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required. Thread.Sleep(0) relinquishes the thread's current time slice immediately, voluntarily handing over the CPU to other threads. Framework 4.0's new Thread.Yield() method does the same thing — except that it relinquishes only to threads running on the same processor. (OR: WHAT I WISH I KNEW BEFORE....) The Complete Guide to Working, Visiting, and Living in Japan Japan is the one of the most expensive countries on earth.