

Learn To Sleep Well By Christopher Idzikowski

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At least, it appears that way.

Tr s magnifique! Best Actor in a Supporting Role Robert Duvall for The Judge Ethan Hawke for Boyhood Edward Norton for Birdman Mark Ruffalo for Foxcatcher J.K.

Anyway, this will go to Richard Linklater, no contest.

Two of my favorite films of the year, Birdman and The Grand Budapest Hotel, lead the pack with 9 nominations each.

Even if I couldn t relate to all of Mason s trials and tribulations, I still connected to the film on some levels.

I am a little upset about Ava DuVernay being snubbed, but I don t want to get into politics/race/gender/all that fun stuff here.

Lee Erney in Full Metal Jacket look like a thumb-sucking wimp.

I didn t either until a character sang We re All in This Together .

I don t know if I should even bother reviewing Boyhood.

Jones for The Theory of Everything Julianne Moore for Still Alice Rosamund Pike for Gone

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Chris Idzikowski BSc, PhD, CPsychol FBPsS. Dr Chris Idzikowski is currently Director of the Sleep Assessment and Advisory Service. His previous appointments include

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