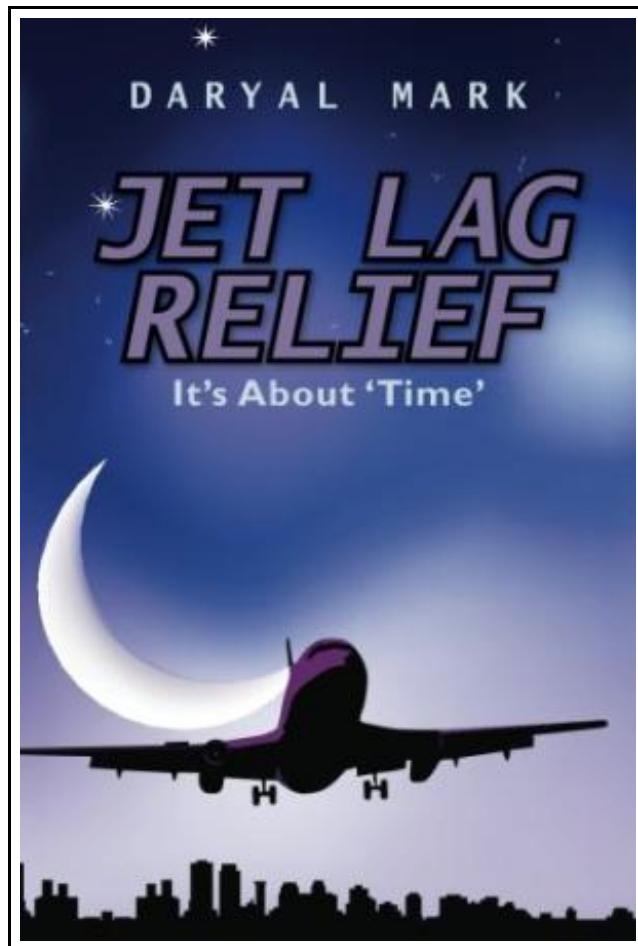


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Reviews

An incredibly great book with perfect and lucid answers. Better than never, though I am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).

(Nannie Lindgren Jr.)

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Createspace, United States, 2010. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Jet Lag Relief: It's About Time , by Daryl Mark. This much needed travel resource captures in clear, easy to read, easy to follow language the most up to date research, information and understanding about the cause and nature of jet-lag. Included in the book are tools, remedies and therapies for effective relief, control and management of jet lag; its symptoms and troublesome effects. Highlights of Jet Lag Relief: It's About Time - Repeats essential information throughout the book. - Covers the gamut of jet-lag solutions allowing one to customize a program of success for their own biological make-up and specific journeys. - Offers resources for those who wish to delve deeper into the subject of jet lag. - Covers solutions useful for most types of travelers and travel situations. - Includes a practical chart and guidance for creating a personalized jet lag management program with notes for future changes/references. - ALL of the above in a manageable size book that can be carried with the traveler for reference while on-the-go! This essential travel companion will aid in optimal functioning and performance, maximizing the use of your time away, and allowing you to be at your best both while traveling and upon your return home, whether traveling for business or pleasure. Who may find this book useful: * Business, Industry and Governmental Travelers * Leisure and Vacation Travelers * Airline Flight Crews * Sports Arts Participants, * Musicians, Performers Entertainers The book is designed to offer ideas and solutions that the traveler can utilize to respond to impulses, emotions, symptoms and travel circumstances allowing them to make up a personal jet lag solution tailored to...

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