



## Farewell Jet Lag: Cures from a Flight Attendant (Paperback)

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By Christopher Babayode

Panoma Press, United Kingdom, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book. At a time when globalization and technology make the world smaller; when it really matters, nothing beats being there yourself. In business and in pleasure presence is where it s at but you can t fly halfway around the world and be fully present if you re jet-lagged. Solving the challenges of jet lag requires mastering healthy flying as a discipline. It is a discipline every flyer with purpose should be conversant with. That journey starts here. Master Productivity No Matter How Much You Travel; Build Vitality and Resilience on the Road; Beat Any Jet Lag Symptom You Have Every Time. Jet lag is not just about how you travel, it s about how you arrive.



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