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

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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