



## Jet Lag Relief: It s about Time

By Daryal Mark

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 Daryal 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; it s 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...



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