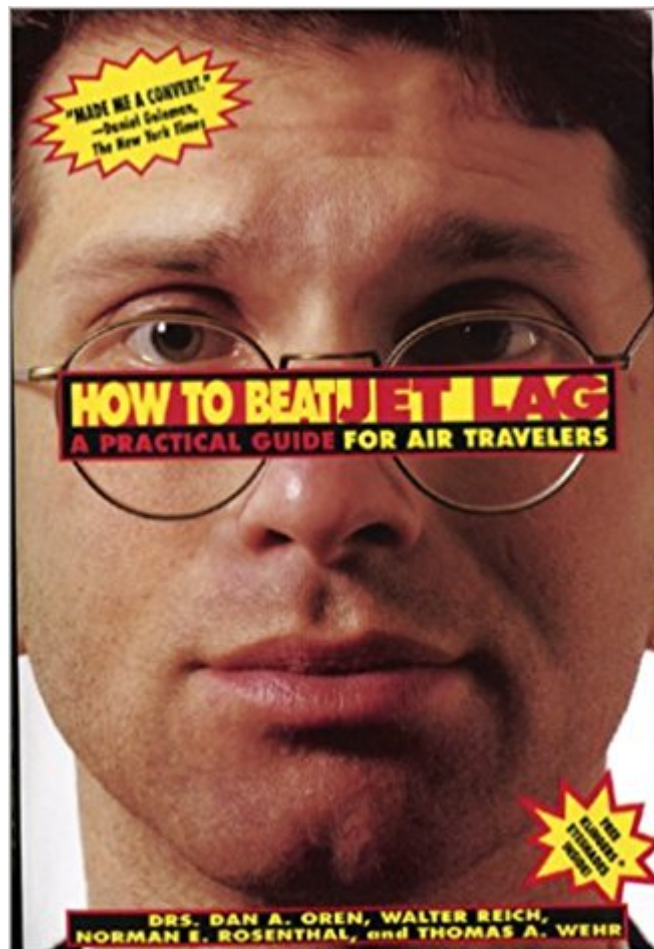




Ebook Directory
the best source of ebook

The book was found

How To Beat Jet Lag: A Practical Guide For Air Travelers/Book And Eyemask And Eyeshades



Synopsis

Based on the latest scientific findings concerning the body's internal clock and how it is affected variously by light and dark, rest and activity, this kit empowers long-distance travelers to make the most of their time abroad without the use of drugs. Fully illustrated. Map. Shrink-wrapped with eyemask and eyeshades.

Book Information

Paperback: 141 pages

Publisher: Owlet; 1st ed edition (October 1993)

Language: English

ISBN-10: 0805026878

ISBN-13: 978-0805026870

Product Dimensions: 0.5 x 5.5 x 8.2 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 4.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #565,174 in Books (See Top 100 in Books) #4 in Books > Travel > Reference > Tips #84 in Books > Travel > Food, Lodging & Transportation > Air Travel #493 in Books > Health, Fitness & Dieting > Safety & First Aid

Customer Reviews

Useless.

Good book. I fly several long range flights a month. I wish it would be updated into a downloadable PDF version.

I've used the system in this book for several years, and I have found it very effective, including for time changes of 8 or 12 hours. I am able to sleep through the night and to work without feeling like a zombie. It does require some discipline and the willingness to look a bit silly by wearing dark glasses at odd times(which once led to an incident in the Moscow subway when someone obviously thought I was blind). But it really does work.

I've used the system in this book for several years, and I have found it very effective, including for time changes of 8 or 12 hours. I am able to sleep through the night and to work without feeling like a zombie. It does require some discipline and the willingness to look a bit silly by wearing dark

glasses at odd times(which once led to an incident in the Moscow subway when someone obviously thought I was blind). But it really does work.

[Download to continue reading...](#)

How to Beat Jet Lag: A Practical Guide for Air Travelers/Book and Eyemask and Eyeshades AIR FRYER: TOP 35 Easy And Delicious Recipes In One Cookbook For Everyday Life (Air Fryer Recipe Book, Air Fryer Cooking, Air Fryer Oven, Air Fryer Baking, Air Fryer Book, Air Frying Cookbook) Air Fryer: Air Fryer Cookbook: Air Fryer Recipes: Healthy, Quick, & Easy Air Fryer Recipes for You & Your Family (Air Fryer, Air Fryer Cookbook, Air Fryer Recipes Book 1) AIR FRYER COOKBOOK: 135 AMAZINGLY DELICIOUS QUICK & EASY AIR FRYER RECIPES (air fryer healthy recipes, air fryer paleo, air fryer ultimate, air fryer gluten free, air fryer ketogenic) Air Plants: Everything that you need to know about Air Plants in a single book (air plants, air plant care, terrarium, air plant book) Air Fryer Cookbook: 450 Amazingly Healthy & Delicious Air Fryer Recipes. (With Nutrition Facts of Each & Every Recipe) (Air fryer Cookbook, Air fryer Recipes, Air fryer Recipe Book) Air Fryer Cookbook: Healthy & Easy Air Fryer Recipes for Everyone (Air Fryer Recipe Book, Air Fryer Cooking, Best Air Fryer Recipes) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Arrive in Better Shape: How to Avoid Jet Lag and Travel Stress Overcoming Jet Lag Jet Lag Relief: It's About Time Overcome Jet Lag Tr Air Fryer Cookbook: The Quick & Easy Guide to Delicious Air Fryer Meals - Air Fryer Recipes - Complete Air Fryer Guide Air Fryer Ultimate Cookbook - 2nd Edition: The Quick & Easy Guide to Delicious Air Fryer Meals - Air Fryer Recipes - Complete Air Fryer Guide Air Fryer Cookbook: 365 Days of Air Fryer Cookbook - 365 Healthy, Quick and Easy Recipes to Fry, Bake, Grill, and Roast with Air Fryer (Everything Complete Air Fryer Book, Vegan, Paleo, Pot, Meals) BOOK BUNDLE: The complete set of 3 awesome Air Fryer cookbooks: Air Fryer Made Simple, Air Fryer Advanced, Air Fryer Ultimate. Make pro level dishes from the comfort and privacy of Your kitchen! Air Fryer Recipes: The Ultimate Air Fryer Recipes Book for Your WHOLE Family - Includes 101+ Delicious & Healthy Recipes That Are Quick & Easy to Make for Your Air Fryer (Air Fryer Series) Air Fryer Recipes Cookbook: Delicious 123 Recipes to Fry, Bake, Grill, and Roast with Your Air Fryer(Air Fryer Cookbook, Oil Free Cookbook,Healthy Air Fryer Recipes) Jet Propulsion: A Simple Guide to the Aerodynamics and Thermodynamic Design and Performance of Jet Engines 99 F-16's - US Airforce Fighter Jet Aircraft Pictures, USAF F-16 Fighter Jet Planes photo book.

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help