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# Jet Lag Relief: It's About Time



## Synopsis

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 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 each and every particular journey undertaken, and to be able to modify it as necessary as the trip unfolds.

## Book Information

Paperback: 128 pages

Publisher: CreateSpace Independent Publishing Platform (June 23, 2010)

Language: English

ISBN-10: 1450549004

ISBN-13: 978-1450549004

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 7 customer reviews

Best Sellers Rank: #3,360,767 in Books (See Top 100 in Books) #62 in [Books > Travel > Reference > Tips](#) #489 in [Books > Travel > Food, Lodging & Transportation > Air Travel](#)

## Customer Reviews

The author of this book has traveled extensively throughout the world. Over a 40-year period, he has journeyed 90 plus international trips to many places including Latin America, Europe, Africa, Asia, Australia and extensive travels across the entirety of the United States and Canada. He has assisted countless world travelers with their plans and arrangements, providing information about safe and effective travel. He has interacted with, consulted and interviewed many individual travelers, groups, and a variety of professionals about their travel experiences and observations, and has collected valuable and useful ideas, insights, tips, and reactions over the course of these years, and has compiled this information into a useful resource manual.

Basically he's collected random ideas, sorted them into chapters and published a book of common knowledge. Well, common knowledge if you've scoured the Internet on the topic. Might save you time researching, but no secret is revealed.

It is an informative book. The recommendations presented is well organized and useful though some information are mentioned several times which makes the book longer.

Jet Lag Relief is a very practical book, clearly guides one through all the preparations previous to the trip, all the important things to remember while travelling and upon arrival in order to have the best travel comfort and health. Very practical travel planner, jet lag calculator sheet, sections for travelling with children, simple and effective tips. I will deffinatly go over its content previous to future trips.!!! a must have for occasional travellers and for those who almost live in the sky. Very valid information for people all around the world, i have family and friends in different continents and will certainly enjoy arriving in better shape when visiting them.!!!

Jet Lag Relief is the most helpful book to hit the travel market. If you want to arrive at your destination in the best shape possible, please read this book! Whether you are traveling for business or pleasure, implementing the easy to follow, well researched information in this book will help make your time away the absolute best it can be. Read it, create your personalized program, and then carry the book with you for reference and for taking notes to "tweek" where necessary for future travel. Jet Lag Relief has become my essential travel companion...don't leave home without it!!!

This book is a great tool for weary travelers written in an easy to read, insightful format. I travel

abroad several times a year and it is just what I've been looking for as a resource. The ideas are common sense yet insightful. Really a great find. Thank you Mr. Mark.

This book is chock full of helpful information and well written in a cheerful, positive, upbeat style. I have long had a problem with ear pain on landing and there is much helpful advice on that. It is hard to believe that so many helpful topics could be covered so well in a book which is compact and manageable for travel. This would make a very good travel companion for any frequent traveler.

This book was a great, easy read with many practical tips for dealing with Jet Lag. I appreciated the advice from an obviously extremely well travelled author. I would recommend this book to anyone interested in new ideas on dealing with jet lag.

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