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FAREWELL JET LAG: CURES FROM A FLIGHT ATTENDANT



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....

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- Authored by Christopher Babayode
- Released at 2016



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