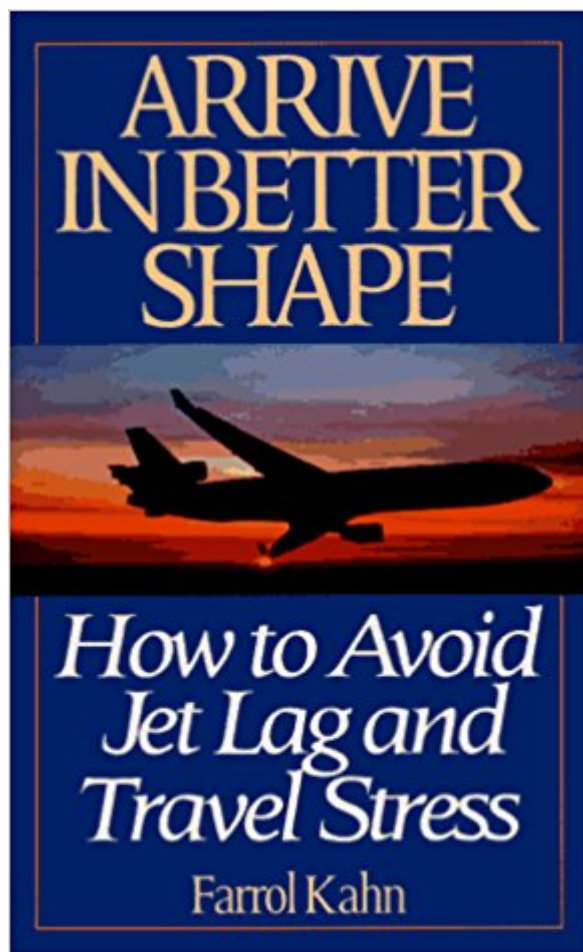


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# Arrive In Better Shape: How To Avoid Jet Lag And Travel Stress



## Synopsis

With hints, tips, and suggestions from veteran airline personnel and other frequent flyers, readers discover the ideal way to prepare for a long trip, ways to make a flight more comfortable and enjoyable, and how to readjust oneself upon landing.

## Book Information

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Product Dimensions: 0.5 x 4.2 x 6.8 inches

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Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,725,373 in Books (See Top 100 in Books) #46 in [Books > Travel > Reference > Tips](#)

## Customer Reviews

I benefited from reading this book. Besides being a good, all-around primer for the first-time flyer (because air travel is anything but straightforward), it also contains specific information and examples, plus real, firsthand tips, as opposed to the sort of superficial, recirculated guidelines routinely presented in travel books. For this reason, 'Arrive in Better Shape' stands out, and is, perhaps, substantial enough to live up to its title. Thanks to the author and the publisher.

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