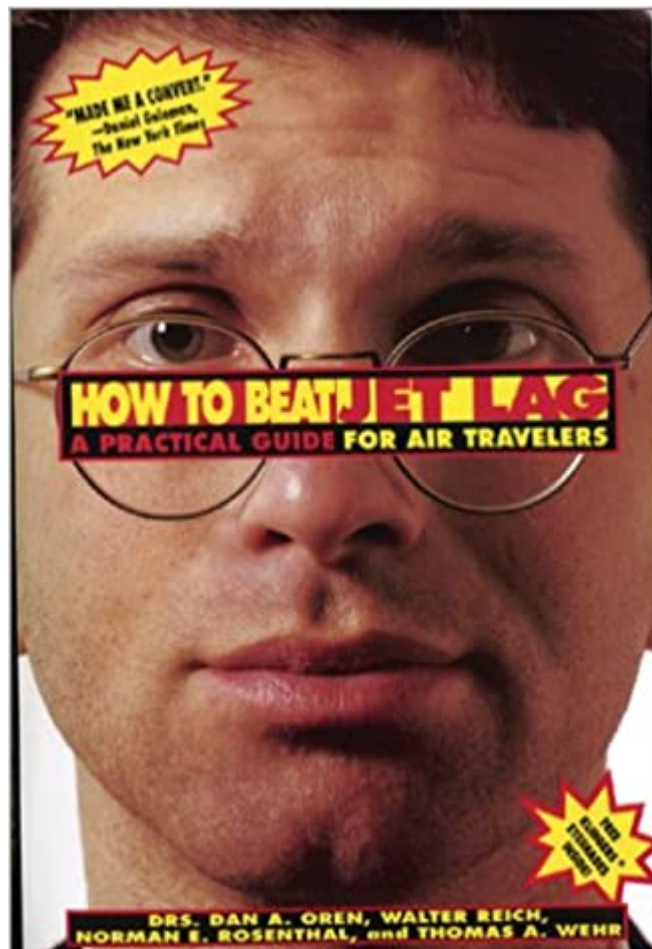


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# How To Beat Jet Lag: A Practical Guide For Air Travelers/Book And Eyemask And Eyeshades



## 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.

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