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The Healthy Conscious Traveler: 8 Pathways to Smart and Effortless Travel

By Robyn Benson

Robyn Benson, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.ARE YOU READY TO BE AN ENERGIZED, FIT AND CONSCIOUS TRAVELER? Do you find yourself spending hours a day, each month or year, traveling either by car, train, plane or bus? Are you tired of being overstimulated and drained by the noise, the people and the feeling of being trapped in artificial cages of transportation? There is a reason for your overwhelm, and there is a way out. Everyone feels struck by deep fatigue once in a while, but for the frequent traveler it can become a way of life, eventually leading to illness. In this groundbreaking book, Robyn Benson, Doctor of Oriental Medicine, world traveler and exercise and nutrition enthusiast, reveals the hazards of travel and guides you to renew, retrain and regain yourself, no matter where you are. This is essential reading for anyone who is ready to take charge of his or her quality of life in our ever-changing world. IN THE HEALTHY TRAVELER, YOU WILL DISCOVER: The 8 Pathways to healthy travel to increase and sustain your energy, focus and happiness. Health tips...



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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

-- **Blanca Davis**

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- **Prof. Dan Windler MD**