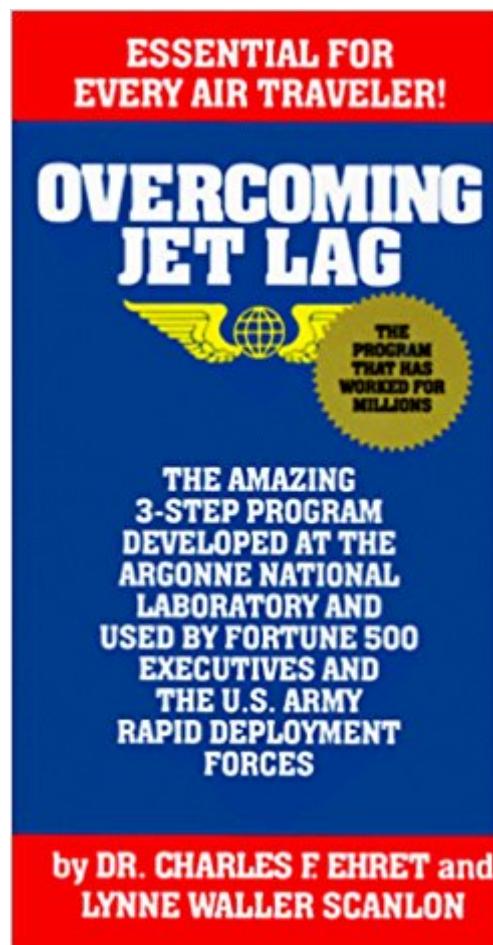


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# Overcoming Jet Lag



## Synopsis

A great book for getting over jet-lag. Good for anyone who travels overseas.

## Book Information

Paperback: 160 pages

Publisher: Berkley (November 15, 1987)

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## Customer Reviews

A great book for getting over jet-lag. Good for anyone who travels overseas.

My last trip to China from the East Coast was a disaster due to jet lag. I figured there had to be a solution. Well, I can testify that this book is definitely an answer to the problem of jet lag. I readily made the transition to the new timezone with very little issues. I was sleeping through the night after only 3 nights, something I could not achieve in 8 nights on my last visit. I had energy during the days and I was alert to do that job I went to do. I highly recommend this book for anyone who is traversing timezones.

I've used the approach laid out in this book for over 10 years for trips from the U.S. To Europe, the Middle East and Asia, and it makes a huge difference. If you follow the process precisely, it really works.

I've been recommending this book to friends for 30 years since getting my original copy aboard a PanAm flight from Osaka to LAX from a Toyota exec who told me that he couldn't keep his job without using this system. I was one of the worst jet-lag sufferers imaginable before practicing this system. I've been using it for years with good results. Note that it's not a perfect 100% solution to jet-lag. But it does reduce the problems by 50-75% depending on the individual. Worth the price.

This book provided some interesting concepts. I had always anticipated altering sleep before flights and how to plan the day following travel, but had never thought about the role of different types of food in our circadian rhythm. This book was rather short since half of the book consists of a suggested course of action to alleviate jet-lag when traveling across different time zones. Honestly, I tried a few of the measures but couldn't follow his entire plan. It did seem to help on my last overseas trip, but don't know if it was due to the measures followed from this book, or the sleep/neck support gadget that I used, along with sleep mask and ear plugs. BTW, check out a new product called the TRTL Sleepscarf. This is going on my next trip! If you find this review helpful, please let me know by using the voting buttons. Through the years, I have relied on reviews to make smart purchases and now I'm trying to "pay it forward" by helping others with my reviews. Please let me know how I'm doing with your vote. Thanks!!

If you have to travel across several time zones and must attend an 8 AM meeting on the day following your travel, this book is for YOU! I have used this book for years. I buy copies to give to friends or relatives who are traveling. It REALLY works! Friends have used it to travel to Europe, China, or just across the U.S. It is easy to do, just look up the number of time zones you are traveling across and go to the appropriate chapter. It tells you how to change your "body clock" so that you are on LOCAL TIME by the time you arrive at your destination. You need to change your diet and stop drinking coffee 3 days prior to traveling, but it is well worth it. I can't recommend this book highly enough. Buy it, put it into your reference collection and don't forget about it when you travel! Great gift idea for friends who travel! THIS BOOK IS NOW OUT OF PRINT, BUT USED COPIES ARE AVAILABLE FROM . Also, there are now other books available that essentially tell you the same thing. Do a keyword search for "jet lag" in or other online bookstores and you should find something as useful.

This scientifically proven "recipe" for smooth and successful adjustment when traveling between Time Zones may not work-- completely-- for all destinations, but it surely will work for 98 percent of the rest of your prospective travel plans. I've had this little book in my hands since its first publishing and have given countless copies to others along the way. Professionals have been using it for years. From White House summits overseas to professional athletes competing abroad-- this little book has been their answer for enhancing the quality of their trips with optimum mental and physical performance. For some years this little gem was "Hard to Find," but I never gave up trying to locate a

copy. Now it's reprint can once again benefit everyone to be side effects free. It worked for me so well that I still follow the diet to maintain a healthy even weight. This little book is GREAT and one of my most very favorite. Go for it.

I've followed the advice in this book for numerous trips to Japan and Korea. It really works - I rarely have trouble with jet lag. The advice they give is not gimmicky or based on folklore. It's a matter of changing your behavior and diet a few days before you leave, and during the initial adjustment. Especially important is start acting like you're on destination time as soon as you get on the plane - just the opposite of what the airlines do. The authors explain about what is actually going on it your body as it tries to adjust. I've found their method is simple, easy and understandable.

It works ! Fascinating detailed program for internation travel - how to prepare for your flight beginning a few days before take-off, then the morning of the flight, during the flight and the day after. Following carefully its instructions will allow you to travel to distant locations and be almost perfectly in synch with the time zones there. It takes a bit of discipline but is well-worth the effort. Try it once, and you'll see. Bon voyage !

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