

# Living Well On The Road Health And Wellness For Travelers

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## **Living Well on the Road Health and Wellness for Travelers**

November 5th, 2018 - Living Well on the Road is a gem in its ability to teach us that health and wellness are truly achievable no matter where we may lay our head each night Linden Schaffer has done an incredible job of providing the reader with tangible statistics that greatly reinforce the "Call Out" tips making the book an easy to use guide for living well

## **Living Well on the Road Health and Wellness for Travelers**

- As a health coach I read a lot of wellness books This one is a great overview of all of the components needed to This book is much more than just tips for staying healthy while traveling It is a good holistic overview of both what causes stress to our bodies in today's complex world and all of the components that go into keeping our bodies healthy

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- Living Well on the Road Health and Wellness for Travelers by Linden Schaffer July 15 2017 By NAWBO Publications Books We Love Linden Schaffer used to be in the center of the glamorous high paced fashion industry balancing a hectic work schedule back to back meetings and jet setting across the country for early morning meetings with no downtime in between After finding herself

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September 28th, 2018 - Get this from a library Living well on the road health and wellness for travelers Linden Schaffer Stressed out Eating badly Skipping the gym Sleeping with your phone rather than your partner Experiencing brain fog and lack of focus Then this book is for you Linden Schaffer was an

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- Learning about the benefits of good sleep meditation proper nutrition exercise etc are great but that content is everywhere these days I was hoping for more of a consistent connection with living well on the road as the title suggests That unique title is what attracted me to read it in the first place

### **Living Well on the Road Health and Wellness for**

- Wellness might seem like another thing you cannot add to your to do list but Well on the Road with its practical easy to implement tips was written for you It's time to bring wellness from the office to the airplane and home again with ease

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