



Travel Healthy: A Road Warrior's Guide to Eating Healthy

Natasha Leger

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Travel. Health. Business. Business travel is challenging enough with stress, work commitments, delays and time scarcity. Eating well is usually sacrificed under these circumstances. This book will help you make healthy food choices and find nourishment while traveling. The book is designed for busy business travelers and those who prefer to read short books that get to the point quickly. There are a series of tools that are easy to use that will inspire you to think differently about food.

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