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JET LAG RELIEF: IT'S ABOUT TIME (PAPERBACK)



Createspace, United States, 2010. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Jet Lag Relief: It's About Time , by Daryal Mark. This much needed travel resource captures in clear, easy to read, easy to follow language the most up to date research, information and understanding about the cause and nature of jet-lag. Included in the book are tools, remedies and therapies for effective relief, control and management of...

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- Authored by Daryal Mark
- Released at 2010

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