

Dr. Jo's Serenity Prayer for Travelers:

God, grant me the wisdom to plan well for things I can control;
to retain patience, perspective, and a backup plan
when things I can't control go awry;
and the ability to laugh when nothing else works.

Praise for the first edition of *How to Stay Healthy & Fit on the Road*:

“...a rich source of common-sense solutions and resources for frequent travelers. Tips on packing smartly, reducing stress, coping with medical ailments, and keeping in touch with the family make this book a useful problem-solving tool.”

– *National Geographic Traveler*

“As the frequent flyer ‘guru,’ I am supposed to already know everything in this book. I have to admit - I don’t. Dr Jo really does know what she is writing about and I am a better traveler for that.”

– *Randy Petersen, editor, Inside Flyer Magazine*

“Dr. Jo combines her own experience along with research and other travelers’ experiences on how to remain healthy while far from home.”

– *Business Traveler Magazine*

Continued on the next page...

More praise (continued):

“...this pocket-size guide [is] a traveler’s favorite companion.”
– *Bon Appetit*

“...filled with little-known facts designed to make you more productive on business trips and to help you squeeze more enjoyment out of your vacations.”
– *Charles Leocha, author Travel Rights*

“...provides practical tips that she learned from research, her own experience and hundreds of travelers.”
– *International Travel News*

“A pocket-sized paperback compendium of information, suggestions, and recommendations for a safe, healthy experience while traveling.”
– *MidWest Review*

“Has business travel had an adverse affect on your waistline or mood? Then *How to Stay Healthy & Fit on the Road* is a must-read.” – *San Antonio Express News*

“*How to Stay Healthy & Fit on the Road* is a handy guide to take along when traveling, whether it be by car, plane, or train.”
– *Women With Wheels*

“...paperback compendium of information, suggestions, and recommendations for a safe, healthy experience while traveling.”
– *Reviewer’s Bookwatch*

“...healthy travel primer. Although you’ve heard some of Lichten’s suggestions before...many are new and innovative, and the oldies are good reminders.”
– *Chicago Tribune*

“Dr. Jo shines throughout this book as a friendly and highly knowledgeable counselor...Every business traveler can profit from reading this book...”
– *Travelwriter Marketletter*

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Dear Fellow Traveler:

According to the Travel Industry Association of America, there are 44 million business travelers and 93 million recreational travelers. What all of us have in common is leaving – leaving the comfort of familiar surroundings for the uncertainty and excitement of what lies beyond the next bend.

If you're a business traveler, you may have heard people comment about "all the fun and freedom" you must be experiencing. This is hardly the emotion that most of us feel when we hit the road. Our travel is not our "raison d'être," but rather just the cost of doing business. When we compound work and family commitments with hectic, unpredictable travel schedules, drives in unfamiliar cities, different hotel rooms every night, and the monotony and loneliness of eating in restaurants, we often impact our health negatively. It shows in unwanted weight gain, insomnia, and low energy levels.

Many recreational travelers (as a badge of honor) characterize their vacations in terms of weight gained. Returning more fatigued than when they left, they'll say, "I need another vacation to recover from this one." Leisure travel need not be so exhausting.

It is my hope that this book will help make you healthier and, happier, and most of all serves to recharge your batteries.

Dr Jo