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# Travel Healthy: A Road Warrior's Guide To Eating Healthy



## Synopsis

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.

## Book Information

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## Customer Reviews

I very much enjoyed reading this book and so many times said to myself: thank God there are people like the author on our unhealthy business planet! Very refreshing, always extremely useful, with lots of practical tips and some scary warnings too. My food culture is deeply rooted in the southwest of France-- where I was born and raised in the religion of fresh and tasty products, the pleasures of cooking and sharing meals, and where health and food were always intricately related, from the raw product to the way kids were supposed to enjoy the dishes on their plates. Food and pleasure are so close to one another. When we make a decision, and it is obviously true when we choose to eat one thing rather than another, it is based more on emotions than on any rational thinking. As a matter of fact, our decisions regarding food may not be decisions at all as marketers and politicians have known for a long time. When the book asks the question "is it worth the damage?", I do not think it is a question of a rational nature. Instead it is really the counterpart to food industry marketing messages of "indulge yourself", which actually means: eat crap and enjoy the sheer pleasure of transgression. This is a real guidebook to thinking about food.

nouri. This new word nourish, which is introduced in the book, is most helpful in thinking about how we should be eating, and what we should be looking for when hungry, or looking for a restaurant. I would like to see more discussion of the role of pleasure in eating. We should reconcile pleasure, transgression and healthy food since healthy can certainly be good, tasty, savory and a tremendous source of pleasure. People in North America appear to dissociate their head/mind from their body.

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