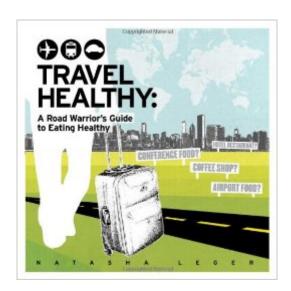
The book was found

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 nouri 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

Paperback: 128 pages

Publisher: Blue Pearl Media (December 10, 2013)

Language: English

ISBN-10: 0991246500

ISBN-13: 978-0991246502

Product Dimensions: 8 x 0.3 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews (14 customer reviews)

Best Sellers Rank: #1,459,780 in Books (See Top 100 in Books) #53 in Books > Business &

Money > Business Culture > Work Life Balance #111 in Books > Travel > Specialty Travel >

Business Travel

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 â ceis it worth the damage?â •, I do not think it is a question of a rational nature. Instead it is really the counterpart to food industry marketing messages of â ceindulge yourselfâ •, which actually means: eat crap and enjoy the sheer pleasure of transgression. This is a real guidebook to thinking about foodâ loops

nouri. This new word nouri, 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.

Download to continue reading...

Travel Healthy: A Road Warrior's Guide to Eating Healthy Paris, France: Travel Guide Book: A Comprehensive 5-Day Travel Guide to Paris, France & Unforgettable French Travel: Best Travel Guides to Europe, Book 1 New Zealand: New Zealand Travel Guide: 101 Coolest Things to Do in New Zealand (New Zealand Travel Guide, Backpacking New Zealand, Budget Travel New ... Wellington, Queenstown, Christchurch) EAT, DRINK, AND BE HEALTHY: The Harvard Medical School Guide to Healthy Eating The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders The Joy of Eating Well: A Practical Guide to-Transform Your Relationship with Food-Overcome Emotional Eating- Achieve Lasting Results What's Eating You?: A Workbook for Teens with Anorexia, Bulimia, and other Eating Disorders Understanding Recovery from Eating Disorders (Teen Eating Disorder Prevention Book) Binge Eating Cure: Cure Binge Eating with Intermittent Fasting National Geographic Yellowstone and Grand Teton National Parks Road Guide: The Essential Guide for Motorists (National Park Road Guide) Sunset Eating Up the West Coast: The best road trips, restaurants, and recipes from California to Washington 2016 Good Sam RV Travel & Savings Guide (Good Sam RV Travel Guide & Campground Directory) Road Biking(TM) Massachusetts: A Guide To The Greatest Bike Rides In Massachusetts (Road Biking Series) Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) Time Travel: A Writer's Guide to the Real Science of Plausible Time Travel Time Travel: A Writer's Guide to the Real Science of Plausible Time Travel (Science Fiction Writing Series) Travel the World Without Worries: An Inspirational Guide To Budget Travel Why Travel Solo ?: The 12 Ways Traveling Solo Transforms Your Personality and Changes Your Life (Solo Travel Guide) (Volume 1) Bangalore Travel Guide: For the Corporate Traveler (5 Page Travel Guides)

Dmca