

The Little Book of Healthy Flying



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(Rosetta Thompson)

THE LITTLE BOOK OF HEALTHY FLYING



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Cornerstone. Paperback. Book Condition: new. BRAND NEW, The Little Book of Healthy Flying, Glenda Baum, As more and more people take to the air, there is a greater risk that they will develop the dangerous and possibly life-threatening condition of Deep Vein Thrombosis, commonly known as DVT or "economy class syndrome". Incorporating the principles of aerobics, this guide provides a way to combat the possibility of DVT and to make air travellers feel generally better and healthier during and after their flights. It also offers helpful and sensible advice on how to reduce the general stress levels of travelling by air.



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