

# Jet Lag Symptoms



Insomnia



Irritability

Fatigue



Poor concentration



Digestive issues



Malaise



Excessive daytime sleepiness



# Overcoming Jet Lag

**Anthony S. Fauci**



## **Overcoming Jet Lag:**

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Overcoming Jet Lag** . In a downloadable PDF format ( Download in PDF: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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