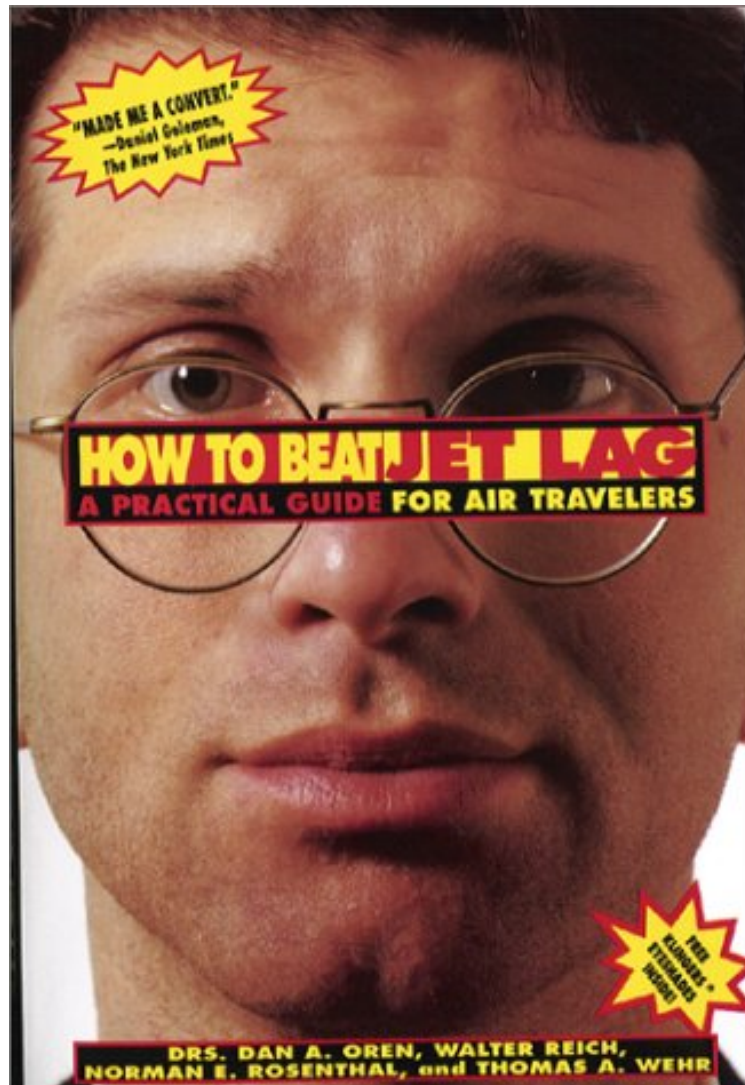


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system in this book for several years, and I have found it very effective, including for time changes of 8 or 12 hours. I am able to sleep through the night and to work without feeling like a zombie. It does require some discipline and the willingness to look a bit silly by wearing dark glasses at odd times(which once led to an incident in the Moscow subway when someone obviously thought I was blind). But it really does work.

Based on the latest scientific findings concerning the body's internal clock and how it is affected variously by light and dark, rest and activity, this kit empowers long-distance travelers to make the most of their time abroad without the use of drugs. Fully illustrated. Map. Shrink-wrapped with eyemask and eyeshades.