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## The Travel Angel Handbook, a Complete Guide to Reduce the Stress of Air Travel: Preparation, Packing Tips, Airport Info, Stretches, Relaxation, Handy Herbal Health Kit, Positive Thinking Techniques, Affirmations, Prayers, Meditations, Travel Quotes

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By Rev Cindy Paulos

Createspace, United States, 2013. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Travel Angel is offering a limited time summer sale. Save \$3 by purchasing now. The Travel Angel Handbook is the most complete guide to reduce the stress of air travel. There are hundreds of effective tips to reduce stress and overcome fear. The Travel Angel leads you gently through each step of travel preparation from the idea of a journey to your return home so you can enjoy stress-free travel. Unlike a typical travel book, The Travel Angel includes prayers and meditative writings for the quieter moments of your travels. With tips on how to book your trip, what to take with you, and how to delight in the wonder of your journey, The Travel Angel is a guide you will return to again and again. Authored by Reverend Cindy Paulos, The Travel Angel is a compendium of the practical and the spiritual: a complete, definitive travel guide for the 21st century traveler.



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