

Introduction

Are you one who is inclined to feel the “blahs” while you are traveling, especially on a road trip? Do you feel more worn out than rested after a vacation? Do you feel like taking a nap at times instead of driving?

Do not be discouraged! You are not the only one. I would venture to guess that at least 90% of the population experiences the same feelings of exhaustion and travel fatigue. But there is something that you can do about it!

There are ways of reducing travel fatigue, or getting rid of it completely. “How to Eat Light, Feel Right, and Be Safe While You Travel” will give you some practical suggestions on how to keep your body and mind at peak performance when you are traveling long distance by automobile.

It is my desire to show you some ways of keeping yourself and your family safe on the road, and helping you to know how to spread joy everywhere. I share this with you not only for your own benefit, but also for the benefit of others. And I share it for my benefit; because I want to meet happy, joyful people wherever I go.

Please enjoy reading this article as I endeavor to share my experiences to help others over the rough spots of life. When we share our stories, use our talents, and share our space, we are living life to the fullest. You deserve to have a restful, joyful, and peaceful vacation, and to return to work invigorated rather than exhausted.