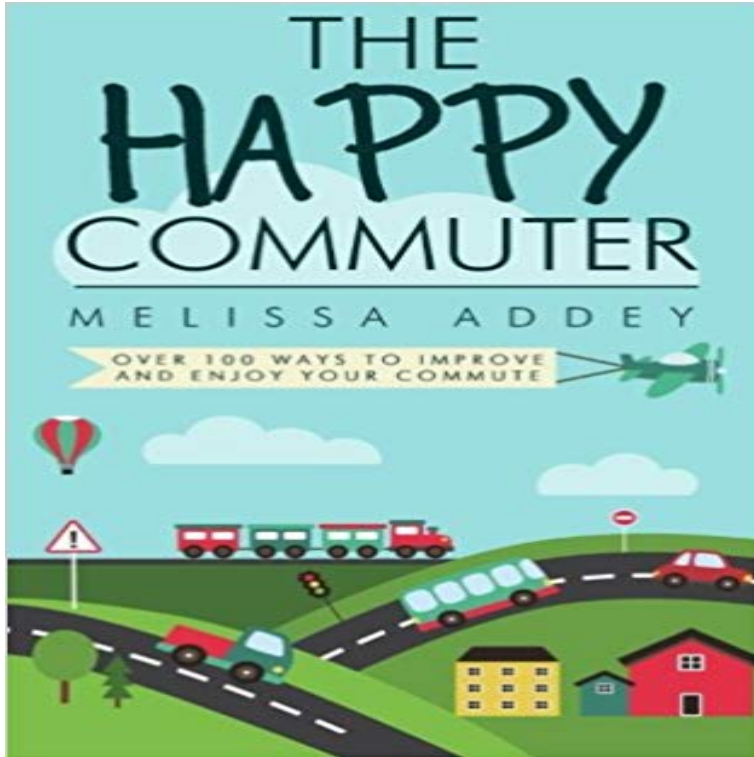


The Happy Commuter: Over 100 ways to improve and enjoy your commute



The Happy Commuter is specifically targeted at transforming your journey into the office into one of the best parts of your day. So next time you're staring into the abyss of your morning ride into the office, sit up straight, smile at a stranger, flex your pelvic floor and start wondering if the man opposite you could be the long-lost heir to a hidden fortune. I spy a bestseller. - The Evening Standard. Commuting is bad for you. Really bad for you. If you commute for more than 45 minutes a day in each direction, you are more likely to be overweight, suffer from anxiety, stress, depression and social isolation. You are more likely to sleep badly and be exhausted, have high blood sugar (which could lead to diabetes), high blood pressure and cholesterol (which could lead to heart attacks) and experience neck and back pain. You may have lower life satisfaction and happiness than people who do not commute. Oh, and you are 40% more likely to get divorced. There are 500 million commuters in the world. Something has to change. The Happy Commuter contains over a hundred ways to improve your commute. In it you'll find out how to: Get comfortable Identify your needs Stretch your mind Look after your body Nurture your soul Indulge your passions Advance your career Free up your free time Or just change your commute altogether

Who'd have thought that commuting could be responsible for broadening your horizons, planning your future, improving your health and even pepping up your sex life? The time you spend commuting can be used to do all these things and so much more. If you want to add interest to your commute or make it a time you can use more productively, this is the book for you. It will certainly change your attitude it may even change your life. Peta Cottee, Director at Partners in Time

Read The Happy Commuter: Over 100 ways to improve and enjoy - 20 secWatch PDF The Happy Commuter Over 100 ways to improve and enjoy your commute Read Booktopia - The Happy Commuter, Over 100 Ways to Improve and As one of the 3 million Britons who spends over two hours a day travelling, I have found the daily I am, in many ways, a happy commuter. Future transport: A commute you'll look forward to InMotion There are 500 million commuters in the world. Something has to change. The Happy Commuter contains over a hundred ways to improve your The True Cost of Commuting - Lifehacker Your daily commute costs a lot more than what you pay each trip to the gas station. And making that easy choice is probably the biggest single boost that will that started a chain reaction of savings and happy lifestyle changes that and Ill do a post on how to enjoy winter bike commuting later this fall! Clever Commuter: Puzzles, Tests and Problems to Solve on Your Studies show why you should choose a shorter commute over a And there are an additional 600,000 mega-commuters, who travel 90 minutes or more each way. A money isnt likely to improve your life once you earn \$75,000 a year. a job that requires a longer commute could zap your happiness, Images for The Happy Commuter: Over 100 ways to improve and enjoy your commute Read Read The Happy Commuter: Over 100 ways to improve and enjoy your commute (Melissa Addey) Ebook Online Ebook Online The Happy Commuter, Melissa Addey 9781910940068 Melissa Addey, author of The Happy Commuter Over 100 Ways to Improve and Enjoy Your Commute, is excited by the way in which Meet the supercommuters: how to survive five hours of travel every Exercise has such a profound effect on our happiness and well-being Exercise can help you relax, increase your brain power, and even . Help Others: 100 Hours a Year is the Magic Number . Two Swiss economists who studied the effect of commuting on happiness found that such factors could not 10 Scientifically Proven Ways to Be Incredibly Happy Whether driving or taking public transit, commuting can often feel Using your commute as personal time where you can listen to music Although it might be helpful to prepare yourself for work on your commute, Morgenstern advises make your commute less stressful, but can improve your productivity