



TOP
10
REASONS
VACATIONS
KEEP YOU
HEALTHY

David J. Nozar

Top 10 Reasons Vacations Keep You Healthy

By
David J. Nozar

Book Synopsis

“All work and no play makes Jack a dull boy. It can also make you tired, depressed and affect your physical health. This is a common mentality with today’s workforce, but it’s time to break through this mindset to create a healthier, happier you. The solution? A Vacation. It may seem simple, but studies have proved that getting away from it all can reduce stress, improve productivity and change your life for the better. Not enough Americans take their designated vacations and this needs to change. This short guide will show you the benefits of taking that much-needed Vacation.”

Author Bio

David J. Nozar is a passionate Internet Marketing Professional and Entrepreneur who resides in Chicago Heights, Illinois.

David has been successfully working online since 1990 and has helped dozens of people who aspire to do the exact same thing.

While personal success is one of his passions, helping others succeed is David’s ultimate driving force. For this reason, David wrote “Top Ten Reasons Vacations Keep You Healthy,” debunking the destructive “work and no play” mentality once and for all.

However, making a positive change isn’t just limited to his professional life. David J. Nozar also provides starving children healthy meals as the dedicated Ambassador of Nourish The Children Initiative.

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