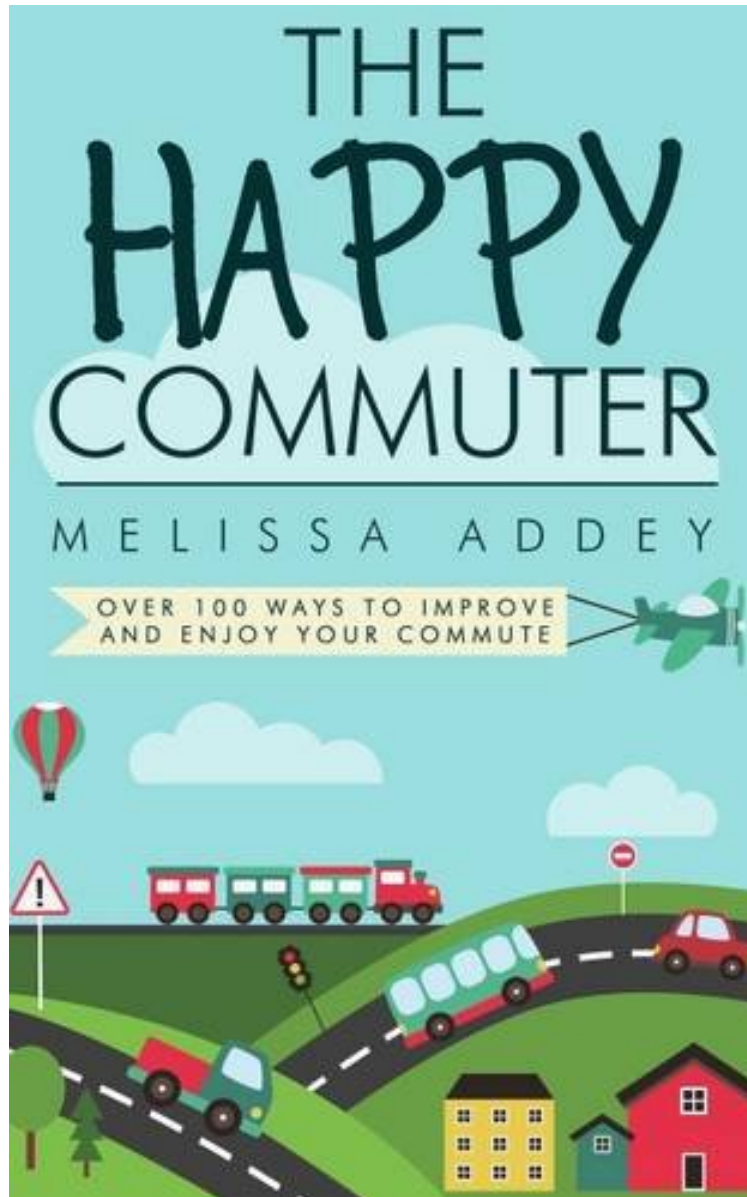


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## The Happy Commuter: Over 100 ways to improve and enjoy your commute

*Melissa Addey*

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**Melissa Addey : The Happy Commuter: Over 100 ways to improve and enjoy your commute** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Happy Commuter: Over 100 ways to improve and enjoy your commute:

1 of 1 people found the following review helpful. This book could change your life. By UKChick75 This book is fun and informative, if not a little scary in its descriptions of the ill effects of commuting. Having commuted for many years, I know realize the potential of time made available to me. Melissa has provided a number of easy changes I can make to enhance my life, just by using my commute more productively. Hurrah!

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

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 About the Author I grew up on an organic farm in Italy and was home educated. Along the way I've worked for Sainsburys head office looking after the organic range of products as well as developing new products and packaging; for Roehampton University developing student entrepreneurs; done a Masters focused on creativity and worked as a business consultant on a government scheme for over six years offering mentoring, advice, training and grants to small businesses, mostly in the food sector. I now live in London with my husband, young son and toddler daughter, looking after the kids and writing. In 2016 I'll be the Leverhulme Trusts Writer in Residence at the British Library.