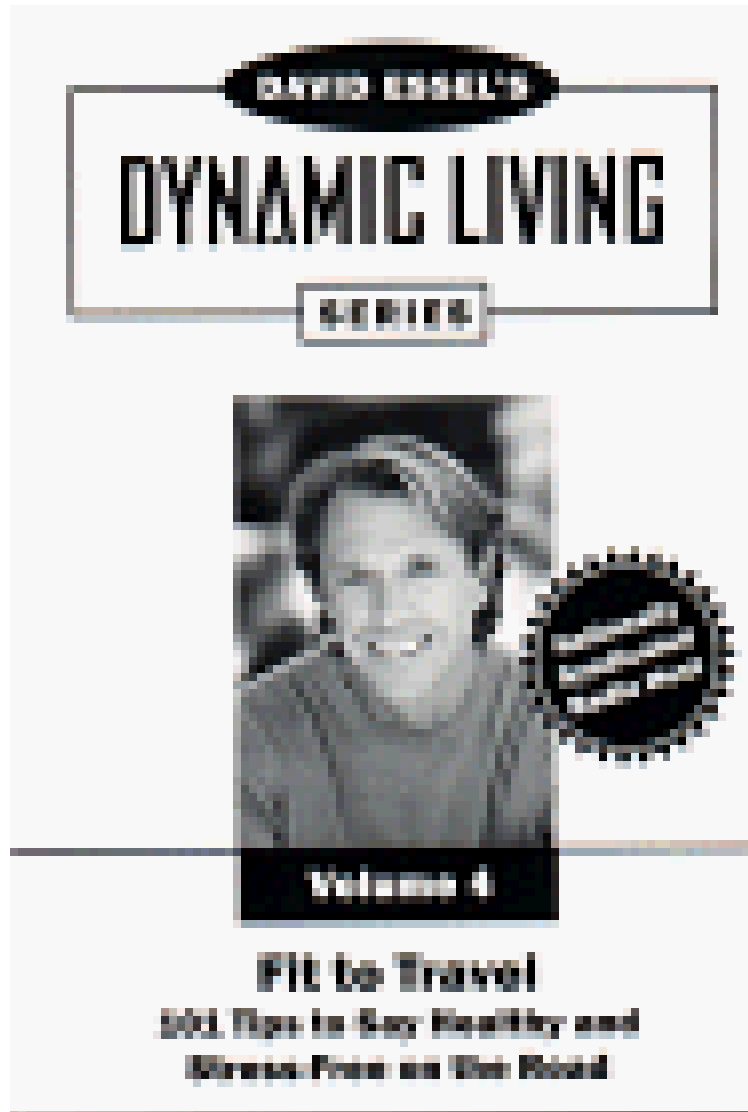


Fit to Travel: 101 Tips to Stay Healthy and Stress Free on the Road or at Home

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About the Author David Essel, M.S. is an author, professional speaker and host of the nationally syndicated radio show David Essel Alive! America's Positive Radio Show heard every Saturday and Sunday in over 250 cities across America through Westwood One.