

Road Warrior Blues?

New Book Makes it Easy to Eat Healthy

DENVER, CO, USA, January 30, 2014 /EINPresswire.com/ -- Today's business traveler is either racing to catch-up or killing time. Delayed flights, missed meetings and endless lines create a never-ending litany of stresses and pressures. When there is time to eat, it's usually gulping down fast food at the airport, having an overly rich expense account dinner and drinks, or the ubiquitous conference buffet lunch. Is it any wonder that most road warriors have given up trying to eat healthy? But now there's help for the hopeless.

Global business consultant, Natasha Léger offers hope and practical tips in [Travel Healthy: A Road Warrior's Guide](#) to Eating Healthy. Travel Healthy, is designed to read like a PowerPoint presentation for the busy business



traveler and those who prefer to read short books that get to the point quickly. It features a series of tools that are easy to use that will inspire you to think differently about food.

Paul Barrett, Senior Manager with Accenture travels 150,000 miles a year and says "The tools in this book have re-energized my commitment to be good to myself and eat well on the road."

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*Olaf Groth,
Founder, Emergent Frontiers
Group*

Travel Healthy cuts through marketing, health book, nutrition, medical, and scientific jargon; it synthesizes and presents a lot of information in an easily digestible form so that you can make informed choices. It is not a diet book; it is a book about how to think about food as an integral part of your well-being.

Léger has created a new word "nouri" to describe what to look for in a restaurant menu, coffee shop, or grocery store. This is a valuable service for anyone struggling to eat healthy. By changing the vocabulary, she empowers us to refocus our

thinking, and look for nouri, not food in deciding what to eat. The shift from the word food to nouri will completely change your perspective on food and how to make choices in the most challenging of situations. While Travel Healthy was written for business travelers, it is great for anyone trying to figure out how to eat healthy.

"Natasha has given all of us globalized road warriors the gift of an easy, quick and compassionate guide for a healthier, less tiring and more fun existence," explains Olaf Groth, Professor at HULT International Business School and Founder of Emergent Frontiers Group. "She shows us that eating in healthful ways, comforting the soul, and dealing with time pressure don't have to be at odds with each other. And it's got an ROI you really can't afford to miss out on."

Natasha Léger is a global strategy consultant to start-ups and Fortune 500 companies. She is Founder and President of ITF Advisors, a strategy advisory firm and co-founder and Editor of LBx Journal, a location intelligence magazine. Natasha is passionate about living a healthy, happy life while being a road warrior. Léger operates a writer's website at www.travelhealthybook.com.

Travel Healthy: A Road Warrior's Guide to Eating Healthy

By Natasha Léger

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Print version: 128 pages, \$18 available at Amazon.com, Barnesandnoble.com, and other online booksellers

eBook + Print version: \$24, available at www.travelhealthybook.com

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