



# **Managing Work and Relationships at 35,000 Feet: A Practical Guide for Making Personal Life Fit Aircrew Shift Work, Jetlag, and Absence from Home (Karnac Self Help)**

*Carina Eriksen*

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Aircrew are in many ways a unique occupational group. Their frequent travels across the world often result in long periods away from partners, family, and friends at home. When this is compounded by irregular patterns of work and difficulties with planning ahead, there is a consequential lack of investment in personal living. This book provides a range of practical guidelines on how to overcome aircrew work-life inferences and offers an in-depth consideration of the various aspects of aircrew lifestyle that can challenge a person's emotional wellbeing.

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