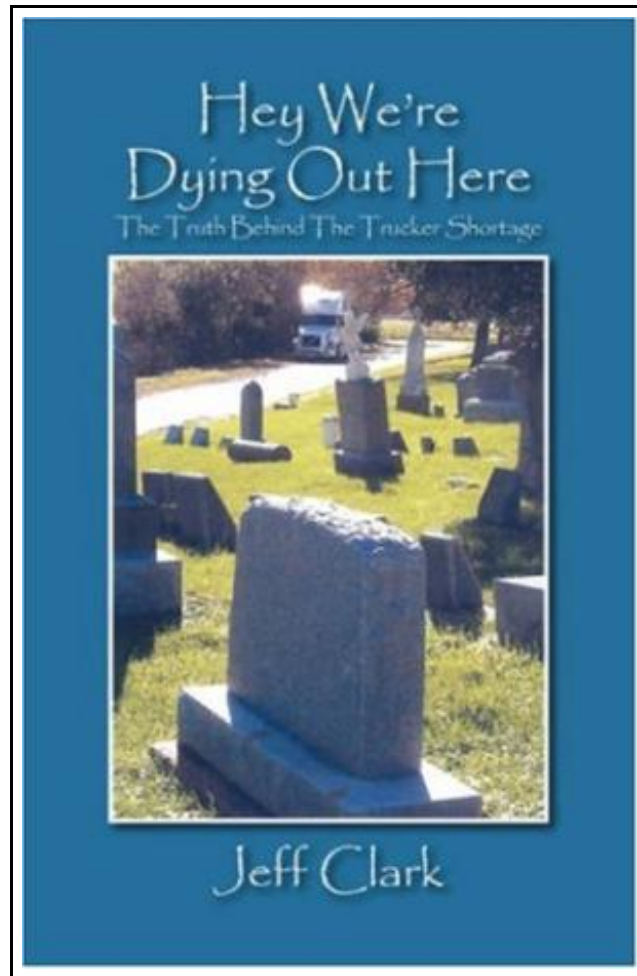


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(Joana Champlin)

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Outskirts Press, United States, 2008. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Why Truckers are Dying and How to Stop it! The stereotype is that truckers are lazy. The truth is that truckers are working themselves to death. We spend hours at work everyday not getting paid and not logging it. The result is that the 16 hour day is more common than the 8 hour day. The consequences are that drivers over caffeinate, under exercise, eat on the run, and die about 15 years younger than the general population. Trucking publications have been encouraging truckers to adopt healthy lifestyle changes. That is great. But it solves less than half the issues. Clark attacks the whole problem. Truckers are being killed by a system that is abusing them. As a veteran trucker Clark has seen the problem. Hey, We re Dying Out Here offers practical solutions. Clark s ideas can save truckers. By saving good drivers we can improve or remove bad ones and make the highways safer for everyone.



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