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From Over the Fence

By Captain(R) Michael I Cole CD1

Outskirts Press, United States, 2012. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.The decision to get into one of these three professions is a very personal one. It takes great intestinal fortitude to be able to even qualify for training, let alone finishing. There is a great deal of pride in your accomplishments and you continuously strive to improve your skills. One of the most seriously misunderstood ailments these professionals sometimes get is a mental health issue. Using myself as an example, I never lived in one time zone. I was always flying somewhere and being a heavy transport pilot, my destination was never close to home. It would be daylight there and night here and my body never got a circadian rhythm. That rhythm I spoke about is, going to bed at night and getting up in the morning. Eating 3 times per day, usually at or near the same times, your body clock in otherwords. Shift workers have this problem too but, someone on call, never knows what time they have to go to work or what time they will be home. Tough on you and your...

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