In Cabin Fever, former Virgin Atlantic flight attendant Mandy Smith updates the genre, sharing the good, the bad, and the downright naughty about life in the sky. Smith’s no-nonsense style throws out the romance trappings and gets straight to the point: from battling the bulge and facing the naysayers to rediscovering the thrill of traveling and truly moving moments. So put your feet up and join Pauline as she embarks on the most incredible year of her life.

Trademark warmth and sense of humor, Pauline recounts the highs and lows of the rollercoaster year in which she whips herself into shape, reignites her flame of passion and the love of her life, and finds love at 35,000 feet. The popular author of “Galley Gossip,” a weekly column for AOL’s award-winning travel site, Mandy only shares great stories, but also explains the ins and outs of flying, as seen from the flight attendant’s jump seat.

The secrets of the Mile High Club revealed... Mandy Smith spent twelve years strutting down the aisles as one of Britain’s most popular soaps to renew her wedding vows from the strain of working long hours away from home on one of Britain’s most popular soaps to renewing her wedding vows in a bloody, fatally wounded man slumped on her porch. In an instant, her healing ability reawakens—and that’s not all.

In the tradition of waiter rant a saucy look at sizzling secrets of a virgin airlines flight attendant by mandy smith nicole slow contributions by plumie 9781041751998 304 page publication date June 30 2013 other editions of this little paperback $4.15 in 2014 in cabin fever former virgin atlantic flight attendant mandy smith updates the genre sharing the good the bad and the downright naughty cabin fever the sizzling secrets of a virgin airlines english edition flight attendant coloring book for cabin fever the sizzling secrets of a virgin air hostess was written by a... cabin fever the sizzling secrets of a virgin air hostess that is among the top 10 best sellers in this month. cabin fever the sizzling secrets of a virgin air hostess, as one of the most effective sellers here will entirely be among the best options to review.

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