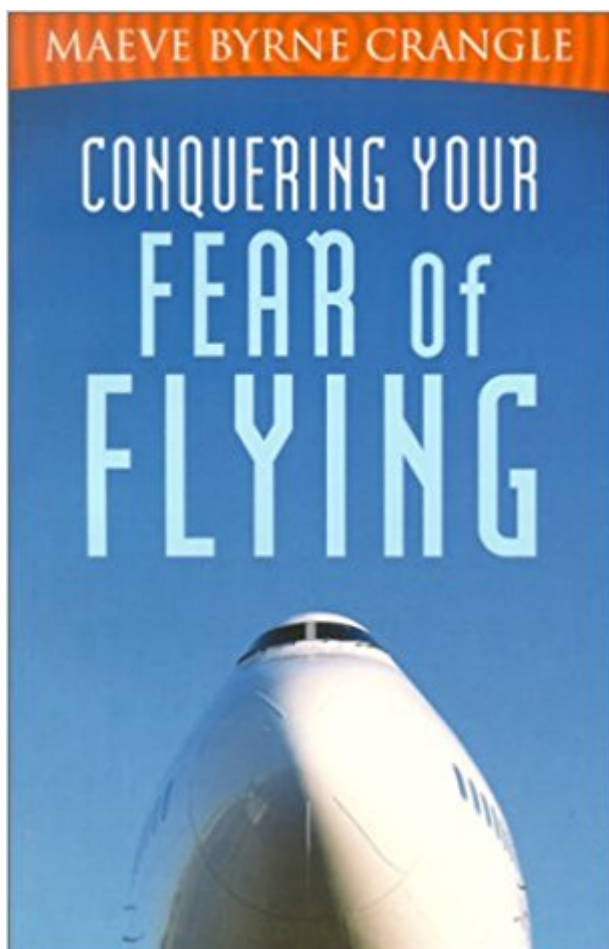


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Conquering Your Fear Of Flying



Synopsis

Recent figures estimate that one in ten people suffers from a fear of flying. Ironically, this very mode of transport is becoming an everyday means of travel for many, and an essential part of our work and personal lives. 'Conquering Your Fear of Flying' is a positive and ultimately empowering book to help people overcome what is one of the most prevalent fears in today's fast-moving world, and one which often means pure terror for the sufferer. Dr Maeve Byrne Crangle examines and confronts the many types of anxiety involved with flying and lays out a plan to help conquer these apprehensions, which can often mean pure terror for the sufferer. She outlines a programme of self-management, showing how to use stress management techniques to cope and defuse our anxieties before and during flights. Also included are chapters on basic aerodynamics, explanations of the many engine noise changes during the flight, turbulence, and how flight crews are selected and trained for emergencies. Air travel remains statistically safer than crossing the road, and flying has been proven to be twenty-five times safer than driving your own car. 'Conquering Your Fear of Flying' is the book to convince even the most faint-hearted flyers of these facts, and to help them towards a happy and fearless future with air travel.

Book Information

Paperback: 166 pages

Publisher: Newleaf (September 2001)

Language: English

ISBN-10: 0717131939

ISBN-13: 978-0717131938

Product Dimensions: 7.8 x 5.2 x 0.6 inches

Shipping Weight: 6.9 ounces

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Customer Reviews

Dr Maeve Byrne Crangle is a consultant psychologist and director of the Fearless Flying Programme run by Aer Lingus. She has researched and designed various programmes for those who suffer the fear of flying and has extensive experience in helping people conquer this fear. Over ninety-six per cent of participants in her programmes now travel by air - and enjoy it.

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