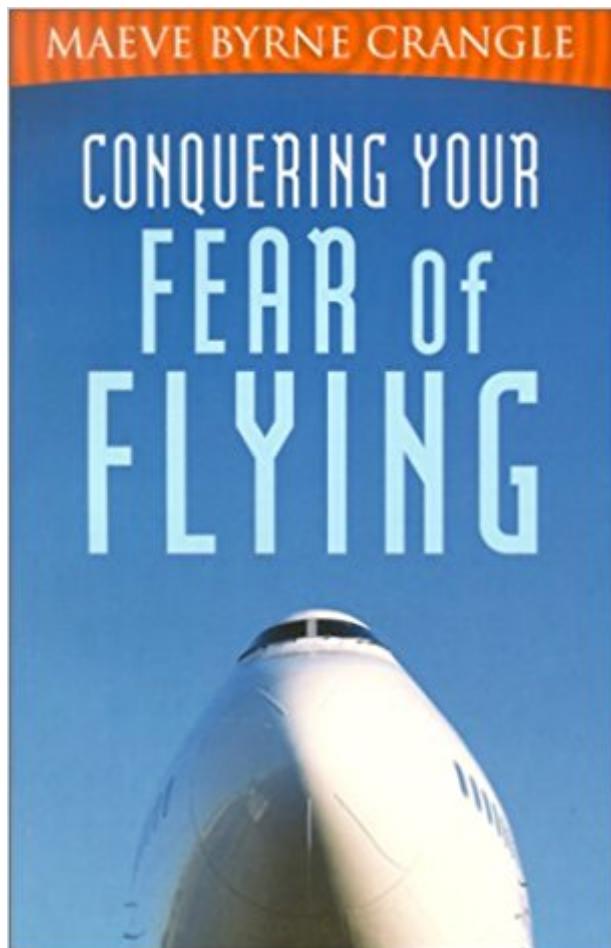


The book was found

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

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,060,716 in Books (See Top 100 in Books) #37 in Books > Travel > Reference > Tips #300 in Books > Travel > Food, Lodging & Transportation > Air Travel #3950 in Books > Engineering & Transportation > Transportation > Aviation

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.

[Download to continue reading...](#)

How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying!
Conquering Your Fear of Flying Conquering Fear and Anxiety About Flying: The Quick Guide to Take You from Powerless to Powerful The Art of Fear: Why Conquering Fear Won't Work and What to Do Instead Conquering Anorexia (Conquering Eating Disorders) Brain Training for Riders: Unlock Your Riding Potential with StressLess Techniques for Conquering Fear, Improving Performance, and Finding Focused Calm Switching Teams: What Coming Out Later in Life Taught Me About Love, Conquering Fear and Accepting Change Living the BONES Lifestyle: A Practical Guide To Conquering The Fear of Osteoporosis Flying Rubberneckers: High Flying Fun for the Airport and Plane Why Don't Jumbo Jets Flap Their Wings?: Flying Animals, Flying Machines, and How They Are Different The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panick Attacks from Your Life Permanently Soar: The Breakthrough Treatment For Fear Of Flying The Procrastination Cure: 21 Proven Tactics For Conquering Your Inner Procrastinator, Mastering Your Time, And Boosting Your Productivity! Job Interview: Land Your Dream Job by Conquering Your next Job Interview by Answering 50 Tough Job Interview Questions and Maximizing Your Resume and Cover Letter Fear the Sky: The Fear Saga, Book 1 Fear the Future: The Fear Saga, Book 3 Fear the Survivors: The Fear Saga, Book 2 God Talks to Me about Overcoming Fears - Fear - Overcoming Fear - Children's Book about Friends - Catholic Children's Books - God's Word for Children ... Afraid - Padded Hard Back (God Talks with Me) Fear of the Other: No Fear in Love

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)