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How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying!

James Christiansen

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James Christiansen : How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying! before purchasing it in order to gage whether or not it would be worth my time, and all praised How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying!:

0 of 0 people found the following review helpful. Excellent Book For Dealing With FearBy ElarticaThis author has

compiled great tips on how to not be afraid of flying. My fears were reduced within reading the first chapter. I didn't realize it, but according to the author of "How To Overcome Fear of Flying...", traveling by airplane is one of the safest modes of transportation, much safer than traveling in a car. This is a very well written Kindle book about overcoming the anxiety that accompanies traveling on airplanes. You won't be disappointed in this book, it's a great read.3 of 3 people found the following review helpful. It's A Permanent Fixture In My Hand BaggageBy TaniaMy grandmother had an obsessive fear of thunderstorms, no amount of counseling helped her, I still remember her wanting to hide under the bed whenever it rained. I wish James Christiansen had written a book for her!This thought struck me as I was reading "How to overcome fear of flying-The cure for fearing airplane flights". The word cure stood out; I felt the author sounded particularly confident! And when I read it I understood why - it's because the book really gets into your head, understands how it works and then gives a customized plan for you. Like James lists the reasons for fear which can be many; he also lists an equal number of cures.The whole fear of flying and its cure has been logically explained over 5 chapters with each chapter dealing with the problem in detail. Christiansen has approached the subject from different angles and it shows a good amount of research. He does not treat the people suffering from this fear as being abnormal, but accepts that it is very normal to feel this way. His tone is assuring yet assertive and tends to take the reader to a comfort zone. He also gives a 'to do list' with easy to follow points for all my fellow sufferers of aviophobia!Yes I hate flying too, but I'll make sure to carry this ebook with me whenever I'm travelling.2 of 2 people found the following review helpful. Great tips for those who experience a fear of flying!By JLMaviophobia is a very common fear. I didn't experience my first bout of fear of flying until last year (I'm 33), and it was terrifying to say the least. As a child, I missed a trip to Disney World because my mother had such a fear of flying that she refused to take the trip! I wish she could've read this before making that decision!This eBook was very helpful, and offers some excellent tips on managing the fear and stress associated with flying, as well as overcoming the fear altogether. There are things we can do to overcome the fear, or at least lessen it to some degree. My mom knocked us out of a trip to Disney World, but some people can't advance in their careers due to their aviophobia. Some want to travel and can't, and feel as though they're living an unfulfilled life all because they're too afraid to fly.I've always heard that flying is the safest means of transportation. This eBook provides some information that actually backs that up!I'd definitely recommend this to those suffering from aviophobia, but also to anyone suffering from any kind of fear. We can all overcome these fears if given the right tools, and this eBook is a great starting place.

Paralyzed By The Thought Of Getting On An Airplane? Missing Out On Life Because You're Afraid To Fly? Learn How To Conquer Your Fear of Flying Today! Fear of flying is exceedingly common. The last time on you flew on a plane, undoubtedly more than a handful of passengers on that flight were scared! At the worst, fear of flying can leave you like John Madden: taking a bus everywhere, and never leaving the United States. Even mild cases of aerophobia (fear of flying) can make vacations and travel miserable. This book will solve your fears so that you can live your life again! It doesn't have to be that way! Fear of flying can be overcome! This eBook will help you overcome your fears by teaching you: 1. The facts that air travel is exceedingly safe--knowledge is power 2. Distraction techniques to focus on things other than your fear 3. Learning to trust the professionals that are caring for you in flight 4. Techniques to ensure that you have the best flight scenario (the best seats, the largest planes to reduce turbulence, etc) including the best seat selection tool online today! 5. How to directly face your fear to conquer it Need another reason to buy this book? Here's a fantastic one: I feel that children's literacy is extremely important, and as such, I donate 5% of the proceeds from the sale of my books to Reading Is Fundamental, the largest and most respected children's literacy non-profit in America. EVERY DAY that goes by, you're missing out on your life because of your fear of flying. Don't let your fear conquer you, instead learn flying without fear by using the methods in this book starting NOW.