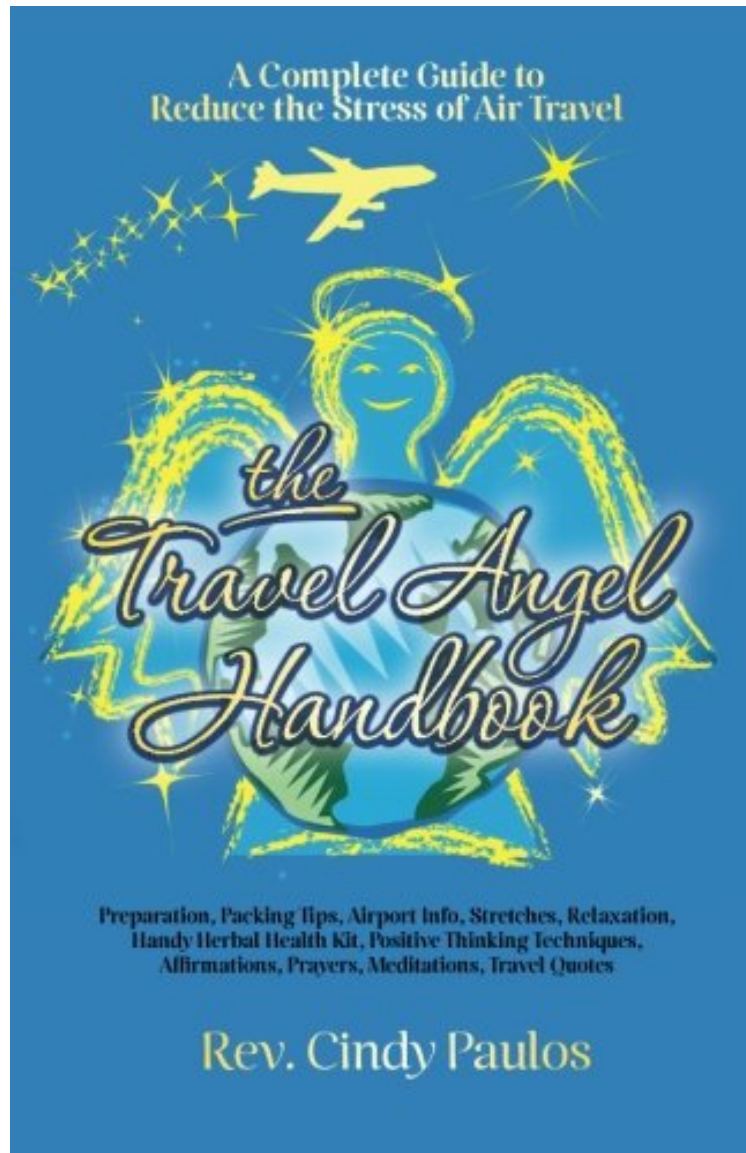


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About the AuthorRev. Cindy Paulos has 40 years of experience in stress reduction techniques. This book gives you a COMPLETE holistic guide of easy tips and exercises that cover all aspects of Air Travel. From packing, prep, to going through TSA, and how to relax on board. This is a book you will take on every trip. Also helps reduce fear of Flying She has a book on meditation techniques and 2 cd out. TheTravelAngel.com has info on all the shows, blog and app available.