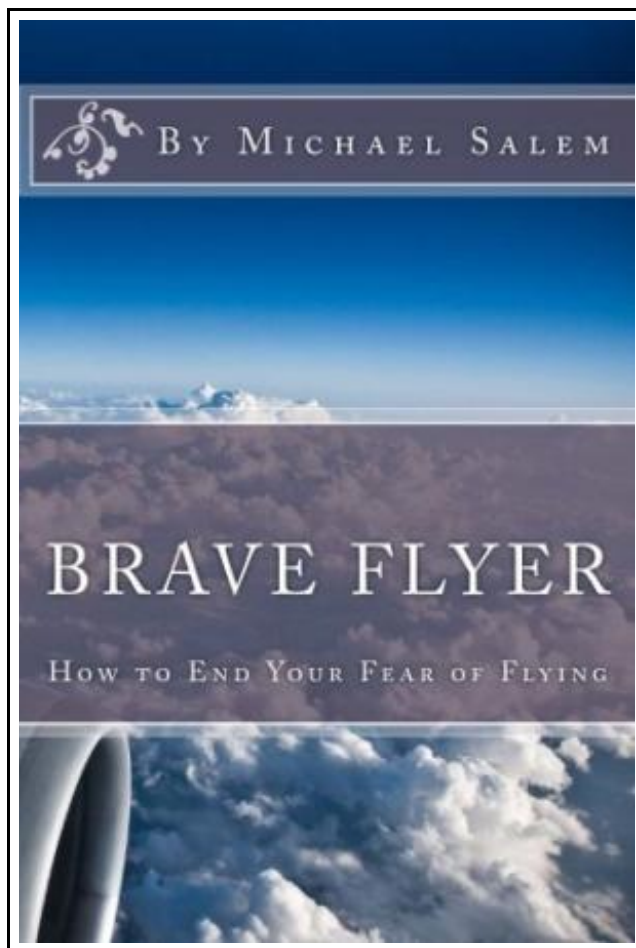


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Filesize: 7.48 MB

Reviews

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(Rebecca Bechtelar)

BRAVE FLYER: HOW TO END YOUR FEAR OF FLYING



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Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you are nervous when getting on a plane, spend most of your trip praying or thinking of disastrous scenarios, over-amplify any strange sound the plane produces, or avoid flying all together- then you belong to the 30+ million people in the US alone, who suffer from some sort of fear of flying. This is a very serious matter that has negative impact on your personal and professional life, even your health. Avoiding a business trip can impact your career, avoiding a personal trip will strip you from the joy of seeing new places and vacationing with your family, and the stress will do wonders to your emotional and physical state. Numerous books were written on this subject, but most of them address the airline safety records. What they seem to unintentionally ignore is that these numerical data do very little to comfort you, the nervous flyer. Why is that? Because most of these books were written by regular authors or even airline experts who, in most cases, do not fear flying and cannot relate to your problem. Author and subject matter expert, Michael Salem, could have easily been the spokesman for the fear of flying club, if such a thing existed. He was a genius at making up excuses just to avoid traveling by air, excuses such as medical issues; fabricated work schedules and meetings; visiting family, and even funerals of already dead family members. (He cannot even remember how many times his grandfather died in order not get on a plane). Determined to free himself from this horrible fear, Michael started analyzing his fears, and interviewed many others who also fear flying. He collected data, experimented...



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