



Flying with Confidence: The Proven Programme to Fix Your Flying Fears

By Patricia Furness-Smith, Captain Steve Allright

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A practical guide to overcoming your fear of flying by top flying experts from British Airways' Flying with Confidence course

Does the thought of flying fill you with dread? Do panic attacks leave you feeling scared and vulnerable? If so, this book could change your life. Written by top flying experts, this reassuring guide explains everything you need to know about air travel alongside techniques for feeling confident and in control from take-off to landing. In easy-to-follow sections, you'll learn how to recognize cabin noises, manage turbulence, and handle flying in bad weather conditions. As your knowledge grows, so will your confidence, with the fear of the unknown removed. This book takes the terror out of common flight fears; includes techniques for controlling anxiety, claustrophobia, and panic; and will help you feel safe, calm, and secure when you next take to the skies.

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- Sales Rank: #734045 in Books
- Brand: imusti
- Published on: 2014-04-01
- Released on: 2013-04-15
- Format: International Edition
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .75" w x 5.31" l, .0 pounds
- Binding: Paperback
- 214 pages

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Editorial Review

About the Author

Patricia Furness-Smith is a psychologist and psychotherapist with more than 20 years of experience. She has been a member of the Flying with Confidence team for more than 10 years and has worked as a flight attendant. **Captain Steve Allright** is a British Airways training captain on the Boeing 747. A professional pilot since 1990, he has clocked more than 11,000 flying hours. He has been part of the Flying with Confidence team for 20 years and is now a director of the company.

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