



# Goodbye fear of flying: How to get rid of your aviophobia

*Barbara Cunnings*

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# Goodbye fear of flying: How to get rid of your aviophobia

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## **Goodbye fear of flying: How to get rid of your aviophobia** Barbara Cunnings

For everyone who is afraid to set foot inside an airplane.

Believe it or not:

A manager in a pinstripe suit waiting for the last call for his flight still sits and pulls a pill from a tablet strip and swallows it quickly before entering the aircraft. Or take a look at the football professional who will prepare himself for the jet takeoff for the umpteenth time again, just because he has a fear of flying. Fear of flying is common. And it affects everyone: young and old, man and woman, frequent flyer and those who do so only one or rarely. About a third of the passengers who get on a plane, suffer from fear of flying. Sweaty palms, a strange feeling and sweating or even outright panic attacks - the range of symptoms associated with fear of flying is large.

In this case, the aircraft is the means of transportation of choice nowadays. Time is money. Another appointment follows this one, and then even another after that. We cannot get around it, we have to put ourselves on a plane. This is the most dangerous feeling, that our only way to make our way in life is to take the flight out to the airport. Airplanes are the safest means of transport available. They are the most intensively checked. Pilots are subject to the strictest controls and training obligations. So when you are flying, you are in the safest and best hands.

And yet almost everything about flying brings a strange feeling. This is because, namely that everything is slightly different than in real life. One is forced into narrow seats and has little freedom of movement. The solid concrete floor, the foundation under the feet is missing. You have to buckle up. Many people are in a confined space together. Indeed, even foreign odors cannot be avoided. One cannot make their own decisions more, but is really determined by others for some time, totally at the mercy of the aircraft and its crew.

Not all people develop an equal fear of flying. For those, however, who show serious symptoms, this eBook is just for you. If you read it closely and work through, you can even gradually reduce your existing fear of flying with it and even overcome completely. This eBook gives you step-by-step assistance. It relieves you from fear of flying, by analyzing the construction and operational description of the aircraft, reveals conditions about the weather and turbulence and many causative factors of fear of flying.

At the end, the experience of flying will no longer be so monstrous, cruel and mysterious, but quite natural - promise! Now sit back, relax and start with this eBook towards a relaxing flight through the world of jets, air and clouds. Ready for takeoff? Fasten seat belt and off you go!

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