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Flying? No Fear!: Conquer Your Fear of Flying

Captain Adrian Akers-Douglas, Dr. George Georgiou

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A combination of practical explanations and self–help techniques from an airline pilot and a clinical psychologist to help readers overcome a fear of flying

Sometimes unnecessary anxiety is caused by events which airline crews may take for granted, including aspects of flights that are mystifying or alarming to less frequent flyers. This new edition incorporates the recent advances in technology within the aviation industry, as well as the increased security checks as a result of September 11, 2001, and the growing scourge of mobile phones in the air. This publication will help readers come to terms with what is truly a safe form of travel.

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