

1. Record Nr.	UNINA9910781275803321
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Titolo	Fly Away Fear : Overcoming your Fear of Flying / / by Elaine Iljon Foreman
Pubbl/distr/stampa	Boca Raton, FL : , : Routledge, , [2018] ©2008
ISBN	1-78049-404-1 0-429-91381-8 0-429-47481-4 1-283-07050-2 9786613070500 1-84940-634-0
Edizione	[First edition.]
Descrizione fisica	1 online resource (188 p.)
Collana	The self-help series
Disciplina	616.85/225
Soggetti	Fear of flying Air travel - Psychological aspects Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 161) and index.
Nota di contenuto	Cover; Copy Right; ACKNOWLEDGEMENT; ABOUT THE AUTHORS; FOREWORD TO THE SERIES AND TITLE; INTRODUCTION AND QUESTIONNAIRE 1; CHAPTER ONE: Whats it All About?; CHAPTER TWO: Back to Basics; CHAPTER THREE: The Exercises, or How To Exorcize Your Fears; CHAPTER FOUR: Last, But Not Least; APPENDIX I: Where To Obtain Therapeutic Help; APPENDIX II: Self-Evaluation: Questionnaire 2; APPENDIX III: Flights of fancy: Quotations Corner; BIBLIOGRAPHY
Sommario/riassunto	Research indicates about 35 of every 100 people develop a fear of flying at some point in their life. Almost everyone knows someone who has it. If you've ever mentioned to others that you aren't comfortable with air travel, you've probably already discovered just how common is the fear of flying. Fear of flying is a condition that merits proper attention, and which we are increasingly in a better position to deal with, particularly thanks to clinical research. We now know that fear of

flying is similar to other phobias, and that it cannot be dismissed simply as fear of the unknown, and that telling someone to "pull yourself together" just isn't likely to be an effective way to deal with the problem. Gaining your freedom to expand your enjoyment of life is the purpose of this book. The book covers a number of areas, including valuable information about flying and everything to do with flying safety.
