

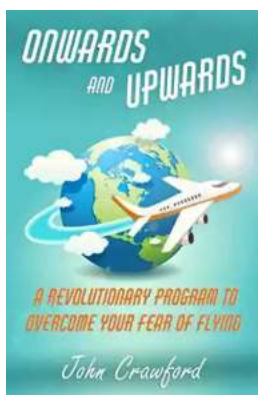
Revolutionary Program To Overcome Your Fear Of Flying Anxiety Relief

Are you one of the many individuals who experience fear and anxiety when it comes to flying? If so, you're not alone. Aerophobia, or the fear of flying, affects a significant number of people, preventing them from enjoying the liberating experience of air travel. However, there is hope – a revolutionary program designed to help individuals overcome their fear of flying anxiety is here to change your life.

Understanding Fear of Flying

Fear of flying is a complex phobia that can cause severe anxiety and panic attacks for those who suffer from it. It is often rooted in fear of heights, claustrophobia, or a fear of not being in control. Past traumatic experiences, such as turbulent flights or accidents, can also trigger this fear and create a deep-seated anxiety whenever boarding an aircraft.

Common symptoms of fear of flying include rapid heartbeat, sweating, shortness of breath, trembling, and a feeling of impending doom. These physical and emotional reactions can make air travel a nightmare for those affected, resulting in missed opportunities, canceled trips, and lost connections.



Onwards And Upwards: A Revolutionary Program To Overcome Your Fear Of Flying (Anxiety Relief Book 4) by John Crawford (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 3820 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise	: Enabled
Print length	: 140 pages
Lending	: Enabled
Screen Reader	: Supported



The Revolutionary Program

The revolutionary program to overcome fear of flying anxiety relief offers a comprehensive approach that combines various techniques to address both the psychological and physical aspects of this phobia. Developed by leading psychologists, therapists, and aviation professionals, this program has successfully helped thousands of individuals regain their confidence and enjoy flying once again.

The program starts by providing extensive education on the principles of aviation and the science behind flight. Understanding how an aircraft operates, including the various safety measures in place, can help alleviate anxiety and create an informed mindset.

Mindfulness exercises, cognitive-behavioral therapy (CBT), and relaxation techniques are also core components of this program. These techniques aim to rewire negative thought patterns and introduce new coping mechanisms to deal with fear and anxiety. Trained professionals guide participants through a series of exercises, empowering them to take control of their emotions and boost their confidence.

Additionally, exposure therapy is an integral part of the program. Participants are gradually exposed to flying environments, starting with virtual reality simulations and progressing to short flights under the guidance of experienced instructors.

This gradual desensitization helps individuals build resilience and overcome their fear step by step.

The Benefits of the Program

By enrolling in this revolutionary program, individuals can reap a multitude of benefits. Firstly, they can regain the freedom to travel without being constrained by fear and anxiety. Whether it's for business or leisure, overcoming fear of flying opens up a world of opportunities, allowing individuals to explore new destinations and create lasting memories.

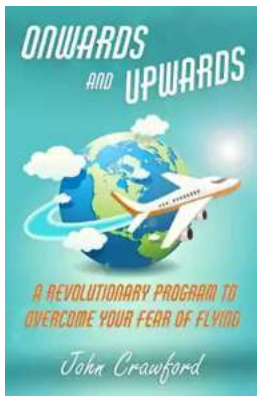
Secondly, conquering fear of flying can significantly reduce stress levels. The constant worry and anxiety associated with air travel can take a toll on mental and physical health. By overcoming this fear, individuals can experience a sense of relief and improved overall well-being.

Moreover, the program fosters a supportive community of like-minded individuals who understand the challenges and triumphs of overcoming the fear of flying. Connecting with others on a similar journey can provide a valuable support network and foster long-lasting friendships.

Take the First Step Towards Freedom

If fear of flying has been holding you back, it's time to take the first step towards freedom. This revolutionary program offers a chance to conquer your anxiety, embrace air travel, and enjoy the countless opportunities waiting beyond the airport gates.

Don't let fear dictate your choices. Join the program today and discover just how empowering and liberating flying can be. It's time to overcome your fear of flying anxiety and embark on an exciting journey toward a fear-free future!



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Are you grounded by fear? Convinced of catastrophe? Longing for the exotic? Onwards And Upwards is a unique five step program designed to have you flying with confidence in less than two hours.

John Crawford is a professional hypnotherapist specialising in anxiety resolution with fifteen years of experience in helping people to overcome their fear of flying difficulties.

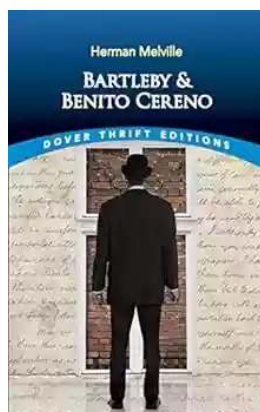
Many fear of flying programs focus primarily on flying facts. Onwards And Upwards is different. This book goes to the very heart of the matter. Fear of flying is not primarily a logical problem. You can't simply "think" your way out of a fear of flying because the problem is not housed in your logical brain. It is imprinted upon your subconscious mind and fiercely guarded as a matter of self-protection. This book will explain exactly how and why this has happened and give you the information you need to soothe your fears, re-program your brain, and re-claim your wings!

The program presented here has been fully road-tested in the real world, and carefully adapted for safe effective use for self-care in your own home. In addition to the program itself, Onwards And Upwards will provide you with invaluable information to soothe your conscious concerns too. It is this careful realignment of logic and emotion which will provide you with a unique and thorough treatment solution.

Onwards And Upwards also comes loaded with two specially recorded professional hypnotherapy sessions which can be downloaded and used both before and during your travels.

Written with a lightness of spirit and exuding care for your wellbeing throughout, you'll find this easy and illuminating read a joy.

Are you ready to re-claim your wings? Let Onwards And Upwards show you how it's done!



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