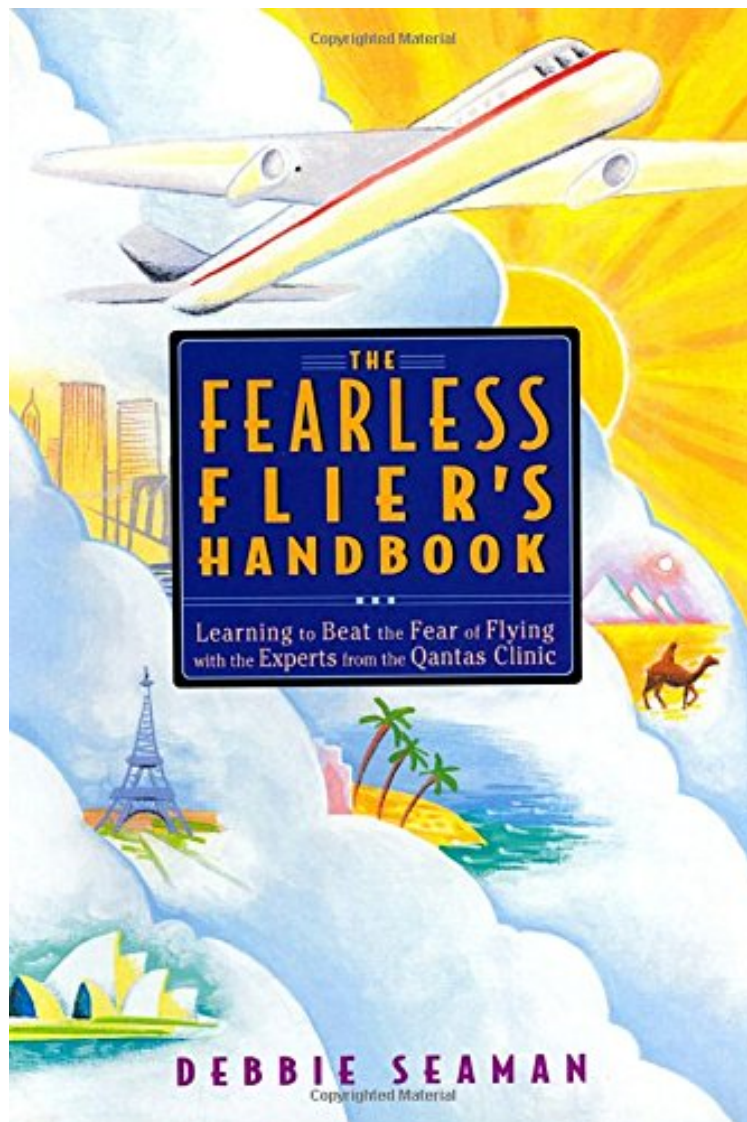


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## The Fearless Flier's Handbook: Learning to Beat the Fear of Flying with the Experts from the Qantas Clinic

Debbie Seaman

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**Debbie Seaman : The Fearless Flier's Handbook: Learning to Beat the Fear of Flying with the Experts from the Qantas Clinic** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Fearless Flier's Handbook: Learning to Beat the Fear of Flying with the Experts from the Qantas Clinic:

0 of 0 people found the following review helpful. Must read By SEJ1979 This book helped me a lot. I was surprised it

would. I read it just before a flight and managed very well. The flight home was not so smooth and I did panic badly despite the book clearly explaining about turbulence. I just need to keep reading this book and travel more on a plane, rather than avoid it till annual 1x year holiday. 1 of 1 people found the following review helpful. It helps somehow since it has a lot of good information. But By Adriana Salamat Bought it for myself, a terrified and extremely scare to fly. It helps somehow since it has a lot of good information. But, I still have fear of flying... 17 of 17 people found the following review helpful. The perfect book for anyone with a fear of flying. By Ann CosMs. Seaman's book is extremely soothing, easy to read and digest, and entirely entertaining at the same time. Amusing chapter headings and cartoons add zip, but the basic info. about the successful Qantas Clinic for fearful fliers is sound. The author is a "reformed fearful flier," and she knows whereof she speaks. Aside from her story, we meet other fearful fliers, each with his own story and his own victory. The most common fears are faced, head-on, with factual ammunition. Toward the end, there are helpful tips, charts, relaxation techniques, a quick refresher course, and lists of regional clinics. I even like the cover -- which is so upbeat, colorful and charming that the book would make a perfect Christmas gift for anyone afflicted with this modern ailment.

As many as one in five people is afraid of flying. For some, the fear is so paralyzing that they have never boarded a plane. For others, flying is a necessary evil-they'll do it because they have to, but it's torture. They white-knuckle their way through the flights they have to take or avoid air travel and miss out on promotions, business opportunities, and the thrill of visiting new places with friends and family. This book provides a sensible, tested alternative, with proven strategies that have helped hundreds of people overcome their fears and head happily skyward. Based on the Australian airline Qantas's world-renowned "Fearless Fliers" course, THE FEARLESS FLIER'S HANDBOOK is filled with soothing facts and step-by-step exercises for turning fear into calm and confidence.

About the Author Debbie Seaman is a freelance journalist who writes about travel and the creative side of the advertising business. She currently contributes to People, the New York Times travel section, and Advertising Age's Creativity magazine. She first wrote about her recovery in the Fearless Flyers program in an article in the New York Times.