



Fear Of Flying... HELP! How To Overcome Your Fear Of Flying, Forever!

Neil Shearing Ph.D.

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In this new book, Neil Shearing Ph.D. takes you through his breakthrough "DOCTOR" program for treating your fear of flying. Having already written two successful books, "**Fear of Turbulence**" and "**Fear of Take-Off**", Neil has drawn on his knowledge of anxieties, fears and phobias as well as his Ph.D. in human biology to create his new and exciting program to help people with a flying fear or phobia to overcome their anxieties. The "DOCTOR" program uses two main core strategies. Firstly, the knowledge that we are only ever afraid of things that are unknown and "potentially dangerous". We don't fear things that are normal and present in our everyday lives. When we make every aspect of flying as normal as our everyday lives, we **substantially reduce the anxiety we experience when flying**. To accomplish this, Neil includes comprehensive training on all things flight-related. Secondly, there's a method to turn off the "fear response" which involves you actively using your imagination to release a little-known neuro-transmitter. At any time the neuro-transmitter will stop the fear response and thereby eliminate your flight-related anxiety. There's also a way to burn off any stress hormones that may still be released and return you back to balance instead of the usual "anxiety escalation" which leaves you totally stressed-out, scared and panicky. By using the DOCTOR program to reduce your baseline anxiety and the "short circuit" method of preventing stress hormones being released, you'll be better able to cope with flying and may even enjoy it! After reading this book, you'll be in control of your emotions and will face plane trips with no more anxiety than the pilots!

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Marlene Turner:

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