



Overcome Your Fear of Flying (Overcoming Common Problems)

Robert Bor

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Fear of flying is common, affecting up to 30% of the adult population, and can have disastrous social and professional consequences, spoiling holidays, damaging careers and putting relationships under stress. The good news is that this is one of the most treatable psychological problems. *Overcome Your Fear of Flying*, written by two psychologists and a pilot, looks at effective skills and techniques you can use to help reduce the anxiety commonly associated with flying.

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