



# **Flying with Confidence: The proven programme to fix your flying fears**

*Steve Alright, Patricia Furness-Smith*

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# Flying with Confidence: The proven programme to fix your flying fears

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Does the thought of flying fill you with dread? Do panic attacks leave you feeling scared and vulnerable?

If so, this book could change your life. Written by top flying experts from British Airways' Flying with Confidence course, this reassuring guide explains everything you need to know about air travel alongside techniques for feeling confident and in control from take off to landing. In easy-to-follow sections, you'll learn how to recognise cabin noises, manage turbulence and fly in bad weather conditions. As your knowledge grows, so will your confidence, with the fear of the unknown removed.

- Takes the terror out of common flight fears
- Includes techniques for controlling anxiety, claustrophobia and panic
- Will help you feel safe, calm and secure when you next take to the skies.

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