

[DOWNLOAD](#)

Flying with Confidence: A Guided Relaxation

By Patricia Furness-Smith

Cornerstone, United Kingdom, 2013. CD-Audio. Condition: New. Abridged edition. Language: English . Brand New. Fearful flyers need fear no more! This soothing hour-long relaxation programme, read by top psychologist and flying expert Patricia Furness-Smith, provides proven techniques for controlling anxiety, claustrophobia and panic. To be used both before and during flights to help you feel confident and in control from take off to landing, it includes: - Guided visualisation - Correct breathing patterns - Full body relaxation - Application of senses to keep the mind positively occupied This reassuring programme will help you feel safe and calm when you next take to the skies. This audio guide works in accompaniment to the book, Flying with Confidence, written by Patricia Furness Smith and Captain Steve Allright, but can also stand alone as a useful tool to help you control your fears.



[READ ONLINE](#)
[1.78 MB]

Reviews

This publication is indeed gripping and interesting. It is rally exciting throug reading period of time. I am just happy to inform you that this is the very best publication i actually have go throug during my individual existence and could be he finest pdf for ever.

-- **Miss Lela VonRueden**

I just started looking over this ebook. It is actually rally fascinating throug reading period of time. You wont really feel monotony at anytime of your time (that's what catalogues are for about when you request me).

-- **Miss Naomie Kohler PhD**

You May Also Like



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.



13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)

Reader s Digest Association, United States, 2013. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local library? Do you ever watch in amazement...



Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet

14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever told a little white lie? Or maybe a bigger one that wasn t even white?...



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...