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Release the Fear and Fly

Ms Linda C Gillatt

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Release the Fear and Fly

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Release the Fear and Fly Ms Linda C Gillatt
A fear of flying is NOT irrational! It’s all in your head! How many times have you heard that? Perhaps you’ve thought it? Does it help? Probably not, yet it’s true, it is all in your head. The good news is - you now have the ability to fix it, and with the comprehensive guidance, exercises and tips in this book, you can free your mind from fear and enjoy limitless travel. “Finding flying so much easier. No preflight nerves either! You are amazing Linda. Thanks for giving me back the confidence to fly!” MW “Special thanks Linda. Your tips helped a lot and I’m looking forward to coming to see you next time I’m in the UK. Wouldn’t have made it onto the plane without you.” Z Suterwala

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