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Gill, Ireland, 2010. Paperback. Condition: New. Expanded, Updated. Language: English. Brand New Book. Now updated with the latest information on security screening and safety procedures at airports, this well-established book examines the many types of anxiety involved with flying and sets out a workable plan to conquer these apprehensions. It offers a programme of self-management, showing the reader how to use proven stress management techniques to cope with and diffuse anxiety and panic before and during flights. Included in...

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- Authored by Maeve Byrne-Crangle
- Released at 2010



Filesize: 9.68 MB

Reviews

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