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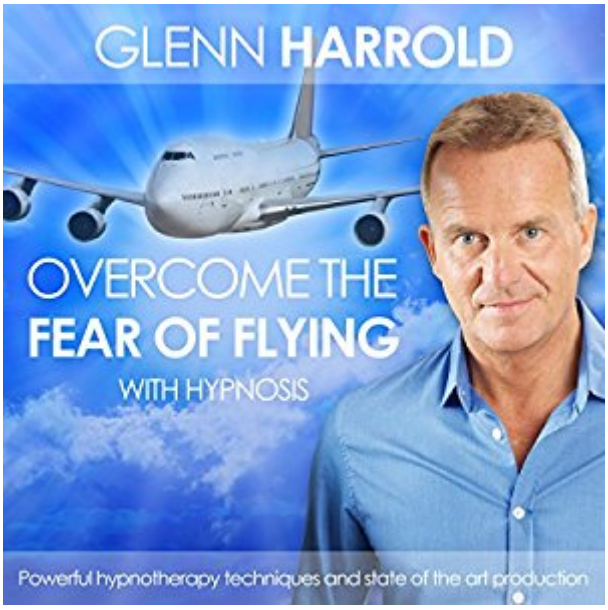
Overcome The Fear Of Flying



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Synopsis

You will overcome fear and anxiety around flying when you listen to this superb high quality hypnosis CD by Glenn Harrold. Creating a positive attitude towards travelling by plane is easy when you know how. Hypnotherapy can help you to develop a very positive outlook that so that you feel completely relaxed on all future flights. On the CD there are powerful techniques that will help you to feel secure about flying in a safe and natural way, free of any harmful side effects. This common fear is purely a state of mind and overcoming the fear of flying phobia is very important in this day and age of easy travel. Glenn Harrold has successfully helped thousands of people overcome their fear of flying. Both tracks have been designed to help you let go of anxiety and to overcome your fearful perception of flying by using powerful desensitisation techniques and post hypnotic suggestions. For optimum results you should alternate between track 1 and 2 on a daily basis leading up to the day of your next flight. You should start this ideally 2 or 3 weeks before your flight date. The CD features two 27 minute hypnotherapy sessions. On both tracks you will hear a pleasant voice guiding you into a deep state of mental and physical relaxation. Hypnotic echoed background vocals pan from left to right across the stereo range. This deeply relaxing and unique effect will help you to relax further into the hypnotic trance state. You will also hear some 60 B.P.M digital sound effects and powerful subliminal suggestions that compound the therapeutic effect, leaving you to experience a deep feeling of inner peace and natural calm that will stay with you.
--This text refers to the Audio CD edition.

Book Information

Audible Audio Edition
Listening Length: 1 hourÂ andÂ 7 minutes
Program Type: Audiobook
Version: Original recording
Publisher: Diviniti Publishing Ltd
Audible.com Release Date: December 17, 2004
Language: English
ASIN: B000776KAK
Best Sellers Rank: #53 inÂ Books > Audible Audiobooks > Nonfiction > Transportation #227 inÂ Books > Audible Audiobooks > Nonfiction > Travel #548 inÂ Books > Engineering & Transportation > Transportation > Aviation

Customer Reviews

.I avoided flying until I was over 34 years old and only flew twice in the 20 years following. It was extremely unpleasant for me as I was in a state of near terror during the entire flight. The sweat poured off me. The only way I could manage it was with a prescription for Ativan, a powerful anxiety relieving medication that also makes you very sleepy -- not the greatest thing for running through an airport trying to make your connecting flight!A chance came up for me to go to Maui, HI and I just couldn't turn it down. Though I was skeptical, I bought Fear of Flying and played it every day for a month right up to the day before the flight. I also used anchoring techniques, such as touching my thumb to my index finger during the diaphragmatic breathing and the hypnotic induction so that my brain would learn to associate the activities. I listened very carefully to the pre-flight rehearsal and imagined it as vividly as I could. I also followed the flight rehearsal carefully and repeated the affirmations with feeling. In short, I really wanted this to work and cooperated accordingly.I am extremely happy to report that the three flights involved in this trip was drug-free and went smoothly, calmly, and, yes, enjoyably. Whenever we hit turbulence (and hit a lot of it) I would just learn back in my seat, touch my index fingers to my thumbs and recite some of the affirmations from the sessions. My favorite was "Not a care in the world." The calm of training sessions quickly returned. My wife sat next to me in utter astonishment.Believe it or not, later that week I suggested a helicopter tour of Maui. We didn't actually get to go because of bad weather -- but I was willing!If your results are even half as good as mine, you will be amazed.

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