



# Dragons of Thin Air: A Most Unusual Fear of Flying Course

*Doug Worrall*

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## **Dragons of Thin Air: A Most Unusual Fear of Flying Course** Doug Worrall

Written to appeal to young and old alike, **Dragons of Thin Air** is an entertaining, insightful and comprehensive discussion for *anybody* who is afraid (or even just a little bit nervous) of flying.

It is not your average self help book, however. If you hate taking medicine or fall asleep at the very thought of reading a textbook you will absolutely *love* Dragons of Thin Air. Yes, all the good Fear of Flying stuff is here (and more!) but weaving these topics together is *a story*.

In this story a reformed Fear Dragon teaches a family of fearful flyers how not to be afraid. Such a helpful attitude, being somewhat against the dragon's basic instincts, makes for a whole bunch of fun from start-to-finish. But, he does know fear --- who better to run a course about fear than a dragon?

Fear of Flying courses generally include some fairly standard content, and we've got all that good stuff; With nearly 200 illustrations you'll find these topics presented so simply, so clearly and so believably that you'll be absolutely astounded that nobody ever explained it that way before.

Beyond these basics we explore some deeper issues such as how humans (as prey animals) are hardwired to feel fear, how the modern world manipulates us to enhance our fear, and the role of our imagination in the process. Even the contribution of our basic (poor) understanding of numbers and statistics is explained... Stop yawning! We don't do it boring! And, to top it off, we provide a range of relaxation strategies and tools for the times when knowledge alone is not enough.

If you are ready to tackle your fear, and can suspend your disbelief for just long enough to give a recalcitrant dragon half a chance, you'll be delighted and amazed by Dragons of Thin Air; It truly is "**A Most Unusual Fear of Flying Course.**"

## **PART ONE: FEAR**

- 1: Some People Are Afraid to Fly
- - *Psychology 101*
- 2: Fear and Anxiety
- - *Questions About Anxiety*
- 3: Artistry of the Mind
- - *Automatic Responses*
- 4: Mind Weather
- - *A Relaxing Break*

## **PART TWO: BELIEFS**

- 5: Changing Your Beliefs
- - *Grand Pronouncements*
- 6: Lies
- - *Discussion About Lies*
- 7: Air is Real
- - *Respect for the Air*

- 8: A Very Dangerous Experiment
- - *Distrust of Machines*
- 9: Planes Are Safe
- - *Number One on the Fear List*
- 10: Turbulence
- - *Queasy Guts*
- 11: F-F-Freakouts!
- - *Numbers*

### **PART THREE: COME FLY WITH ME**

- - *Noises Make Pictures*
- 12: What's That Noise?
- - *Puppetry*
- 13: You Are In Control
- - *Maximising Safety*
- 14: Where To From Here?
- - *Course Wrap-Up*
- Appendix - Dragon Slayers

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