



Fear of Flying - Fifteen Minute Therapy: 12 techniques that will cure a fear of flying in fifteen minutes or less

James Brackin

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Fear of Flying - Fifteen Minute Tharapy: 12 techniques that will cure a fear of flying in fifteen minutes or less

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Need to lose a fear or anxiety of flying? It will be easier than you might think. That's because this cure was featured in the UK National press in a controlled trial and was proven to cure a thirty year phobia in less than two hours. Now all of the techniques used then are available to you. This is much more than a practical book, as all of the therapies used are also available as audio files so you can listen to them - just like you would in a personal one-to-one session. How does fifteen minute therapy work? This isn't a book that spends half the time explaining the physics of flying, rather it provides you with 12 proven, practical and easy-to-use techniques that will help you be rid of that old fear once and for all. You'll be able to use any of them to make an immediate difference to the way you feel and do that in seconds or minutes rather than hours or days. That's because all of them have been proven to work in less than fifteen minutes. Once used them a few times most of the techniques will then work 'in-situ' to instantly remove any remaining fear or anxiety. You probably know already that this fear isn't rational but despite this your fear of flying has likely to be getting worse over time. Perhaps the time is right now to stop it once and for all. If you are ready to do that, these fifteen minute therapies will work for you.

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