



## Fly Without Fear

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By Keith Godfrey, Alison Smith

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Fly Without Fear, Keith Godfrey, Alison Smith, Do you have a deep-rooted fear of flying, or would you simply like to be more relaxed when you get on a plane? In this informative and accessible guide, veteran airline pilot Captain Keith Godfrey and psychologist Dr Alison Smith welcome you aboard and take you through everything from take-off to touchdown, helping you to feel more confident and at ease when journeying by air. Many of the questions that trouble nervous flyers are addressed; for example: \* What is turbulence? \* Why are there so many unusual noises during a flight, and what are they? \* How does an aircraft stay in the air? \* What happens if an engine fails? \* How effective are air traffic controllers?.



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