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# Conquering Fear And Anxiety About Flying: The Quick Guide To Take You From Powerless To Powerful



## Synopsis

Hayden Russell is an experienced traveler and, like many, a nervous flyer. Fear of flying is quite common- but why? There actually hasn't been a total loss by a major U.S. airline since 2009. In this quick read, Russell breaks down the root of fear and anxiety about flying and connects with the nervous flyer through his own experience. Through a combination of a breakdown of facts, practical suggestions, a little bit of humor, and sharing the ultimate keys that have helped him take power over his own fears, he can help anyone nervous about boarding a plane feel a little more at ease each time they fly.

## Book Information

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