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Do you want to OVERCOME YOUR FEAR OF FLYING? This self help hypnotherapy CD / Download for adults and teenagers could be just what you need to INCREASE YOUR SENSE OF CALM AND CONFIDENCE on a plane! For very best results, LISTEN IN CONJUNCTION WITH THE COMPANION CD BEFORE YOU FLY . Otherwise, listen to this recording everyday for at least 2-3 weeks leading up to a flight and also take it with you to LISTEN ON THE AIRCRAFT ITSELF FOR EXTRA REASSURANCE. Relaxing comfortably and calmly, you are GUIDED THROUGH THE NORMAL ROUTINES, SENSATIONS AND SOUNDS OF FLYING together with powerful suggestions for calm and control. You then visualise yourself thinking, feeling and handling things on the flight altogether more CALMLY AND EFFECTIVELY than ever before. This SUCCESSFUL APPROACH is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world. Lynda's gentle, English voice calms, re-assures as she gives suggestions for boosting confidence and self esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of people world-wide through her CDs and downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults. The recording uses state of the art technology with layered voices panning from left to right and is particularly effective when you listen on headphones. Regular listening is the key to success!

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