

# **Fear of Flying**

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by  
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**Erica Jong**



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Welcome to flying without fear.com

where you'll get more help than anywhere else in the world

We're here to help you to overcome your fear

for as long as you need us to help

This booklet can be your first step

and the bravest

And will probably change your life

forever



*“We’ll get you flying ... that’s our promise”*



# Start to overcome your fear of flying now

Thank you for downloading this fear of flying booklet. I hope that by the time you get to the end you'll be feeling really confident about overcoming your fear of flying ... in fact I hope you'll be more than halfway there!

Despite what you may have heard, there are no miracle cures, but there are ways to find lasting strategies to address your fears. You'll discover that overcoming your fear is about knowing the right things, having support, and having the confidence to use your knowledge to go flying. That's what we want to help you to do.

Does it matter to you to know how many people we've helped? Does it matter whether or not that we've helped all sorts of celebrities?

Or would you prefer to know that we're going to help **YOU**?

*Yes, we're going to help **YOU** however bad your fear is. Time to read on.*



Captain Keith

**The best FREE  
guide available**

# What causes fear?

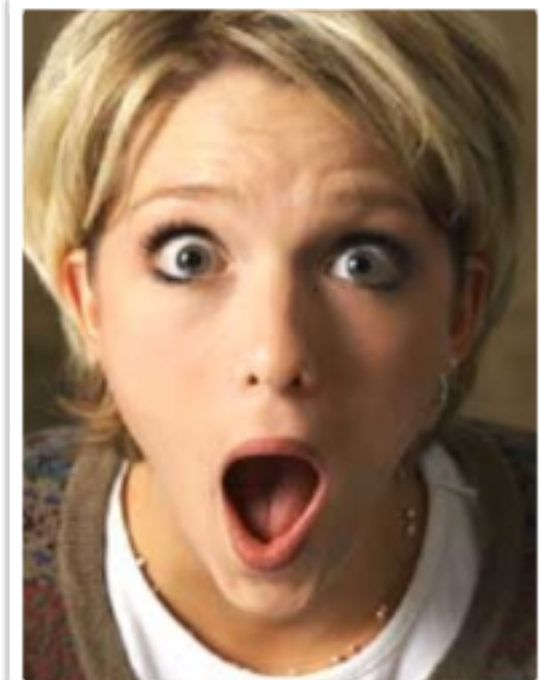
Most people develop a fear of flying because they've experienced what they describe as a 'bad' flight. It's more than likely that the flight was 'normal' but they have mis-interpreted their experience of it. When we are unsure or unfamiliar with something we label it as 'scary'.

When we're faced with unfamiliar situations we remember them because of the strong emotions associated with it. Fear is a very strong reason to remember something, it means that that we can avoid similar situations in the future.

The chances are that you remind yourself of what scares you about flying each time you think about taking a holiday. When does the advertising for holidays begin? Yes, in January, not a good start to the year for fearful flyers!

The more you remind yourself the stronger the fear becomes and soon it becomes 'you', it becomes the way you think. Remember, James Herbert, Stephen King and Alfred Hitchcock have all made fortunes tapping into people's fears. You know that their films aren't real, but you believe them at the time. The fear is real to you.

*It's the same with flying, the fear is real but the circumstances that cause it are in your mind.*





# So how bad is your fear?

Compared to many people, your fear is a lot less than theirs, but compared to others your fear is a lot worse. The important thing to know is that we'll help you with your fear. You're allowed to be anxious, and it doesn't make any difference how other people feel. Just remember, you're not alone.

There's nothing in the Bill of Rights or the Magna Carta that says you have to enjoy flying is there?

The problem comes only when you need to fly to go on your dream holiday or to visit friends or perhaps take promotion. That's where we come in. We can explain why you feel anxious and what you can do to reduce your fear, and maybe get rid of it altogether.

We're going to explain a few of the common fears are and give you some facts to help you understand why you shouldn't be anxious about those things. 40% of the travelling population have a fear of flying, so you're not alone.

The fear of flying is a learned fear which means ... that you can unlearn it too.

**Turbulence and taking off are the top fears so let's start there.**



# Turbulence and Taking off

Turbulence may feel uncomfortable but that's not the same as dangerous, so the first thing to remember is that the plane is not in danger and nor are you.

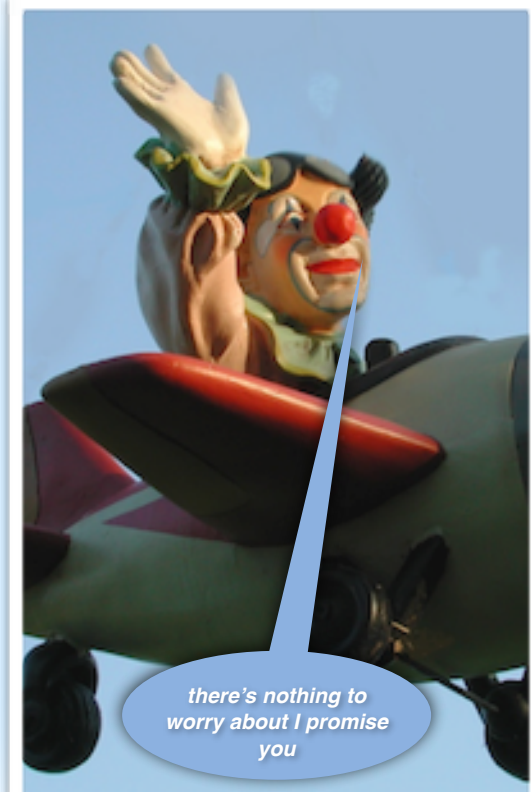
But you should tighten your seatbelt as much as you can so that your body doesn't move too much, but during turbulence your tummy will still float up and down which will make you feel as if you are falling.

It's important to know that it's not difficult to fly a plane in turbulence.

Taking off worries many people because they say "it's the point of no return". It may feel like that, but the fact is, it isn't. The plane will get airborne safely, and it'll do that without your having to lift it up by the arm rests! Sure there are lots of noises but that's normal ... not a sign of danger.

There'll always be room on the runway to take off and the plane will never be too heavy, even if you have seen hundreds of passengers struggling with hundreds of bags.

*But the plane won't struggle ... despite what you think and feel.*





# Night flights and being over water

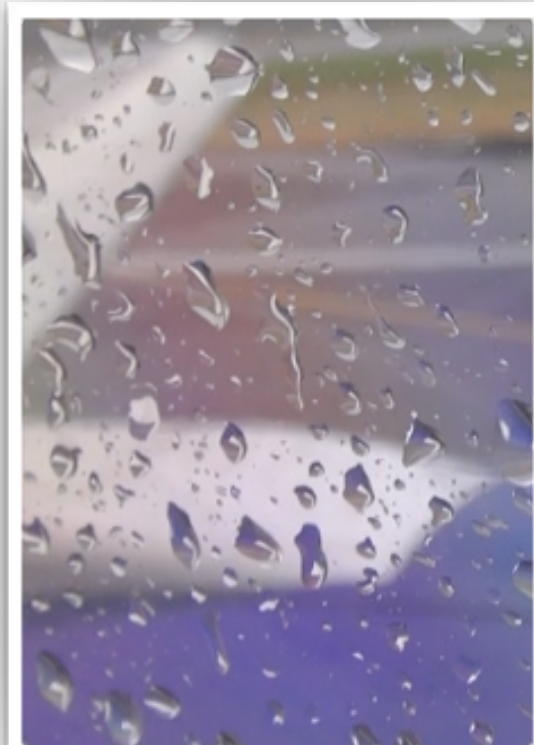
It's funny how almost everyone with a fear of flying thinks that pilots need to see where they're going all the time. Modern planes can taxi, take off, fly along and land without the pilots having to see more than a few yards in front of them.

In fact it's only for taxiing and taking off that they need to see out at all. Everything else can be done on instruments and the automatic pilot. Day or night, in cloud or in a clear blue sky it's all done with guidance from the instruments.

The instruments nowadays show the pilot a map of the route, where the hills and mountains are, how much fuel they have spare the best height and speed to fly at and can give the plane's position to the nearest 20 yards.

Maybe you're worried about having nowhere to land if the plane is over the sea? The fact is it won't need anywhere to land because there's never an occasion where it's vital to be on the ground within minutes. Despite what you think!

*Planes are usually less than 3 hours from an airport even over the Pacific Ocean.*





# All the other fears!

There are more ‘fears of flying’ of course, like having a bad experience, lack of control, a fear of heights, leaving loved ones, claustrophobia, in fact our on-line ‘Premium’ course explains 23 major fears in great detail. There are videos and sound tracks to help you understand those fears.

What’s important to remember is that you’re not alone and your fears aren’t silly. Your fears are real to you, but, they’re based on things that aren’t entirely true. Myths and mis-conceptions swamp aviation and the media don’t do anything to help you either. But there are facts about you as well, that need to be understood. The way we remember things and how we store the memories that we have about flying and so on. We have the ability to think about the future, we’re influenced by the past, and so on. These things don’t always help!

It’s as important to know about yourself and your fear as it is to know about how planes fly.

That’s what we’re going to do briefly, now.

*We’re going to talk about the fears you carry in your head, about your brain and then about planes.*



# The fears in your head

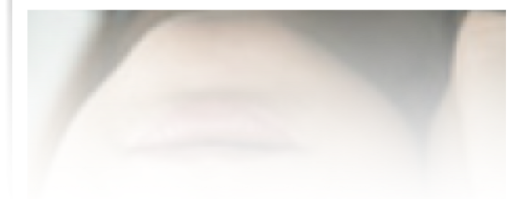
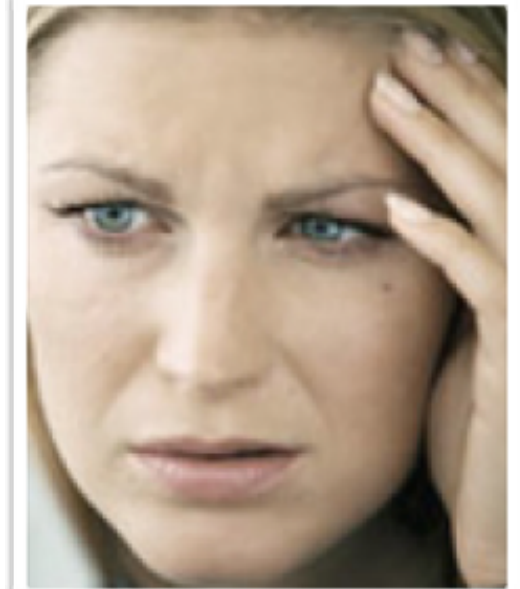
## How does fear get into your head and why does it stay there?

As mentioned earlier if something happens to you that you're not familiar with and that you're frightened by, it'll go into your long term memory ... unfortunately the more you think about it, the stronger that memory will become. But you won't just remember the incident, more importantly you'll remember the fear that went with it. After a while only a vague memory of the experience remains but the fear gets worse.

What you have to do is to unravel the memory and the emotions that go with it. Despite what some people claim there are no quick fixes. There are no miracle cures, because they would go as quickly as they came. There are no 'one-size-fits-all' solutions. Each person is an individual with personal needs. What we can help you to find is a sensible long term fix and a strategy that you can use every time you fly. You remove the fears when you deal with the things that are important to you.

It's not always easy but it is possible! Most people who try, succeed, so your chances are very good.

*Next, something about how our brains work when we're fearful.*





# Brains

Our brains play an important part in how we deal with our fears. Most people know about adrenaline and the way our body reacts to it. We fight or we run away from the perceived danger. In a plane running away is not a possibility so we sit and suffer.

But there's another thing that happens when our brain gets the 'fear' signal, and how we deal with that signal determines whether we can deal with the fear effectively or not. We'll tell you more about that on our courses. On an earlier page we mentioned the way we store memories. Do you store your memories as a 'video', a 'sound track', 'pictures', or in 'files' like a computer? Maybe your memory is like a leaky bucket or a sponge or perhaps you list them like a diary. Regardless of the system you normally use, your mind will choose the one that'll remember the fear best. We 'translate' experiences ... permanently when it's associated with a strong emotion.

The point is that you can't avoid storing them initially but to remove your fears you need to delete your 'facts' and re-record them more helpfully.

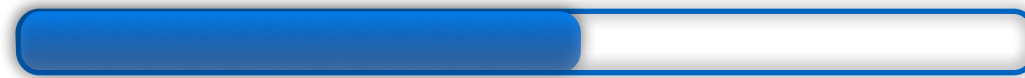
Now, as we make progress to overcome your fear we need to wipe your 'flying fear' memory clean.

*Time to format your hard drive to take on some facts. Ready?*





# Formatting your Fear of Flying Hard Drive



please be patient

Facts about flying being downloaded

Myths and mis-understandings being deleted

# Deleted files

## *We have just removed these myths of flying*

The wings can fall off ... no they can't, wings **CANNOT** fall off.

Air pockets cause turbulence... there are no 'holes' in the air.

Turbulence is dangerous ... **NO IT'S NOT**, it's uncomfortable, so fasten your seat belt tightly.  
and ...

The doors **CANNOT** be opened in flight ... it's a fact. Planes never **PLUMMET** ... they descend.

Planes **DO NOT** defy gravity or any other Law of science ... how can they?

Planes **DO NOT** fly through thunderstorms ... they fly 20 miles from them by Law.

Planes are **NEVER** too heavy to take off ... there are too many checks before departure.

**Warning: Avoid information that corrupts your thoughts**



***Flying is safe it's a FACT***

***please wait while we continue  
installing more facts***





# Installing some facts

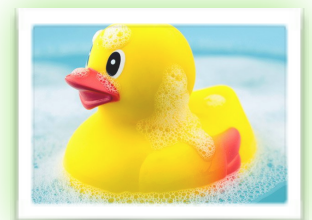
How planes fly. First all they don't fly because of miracles or magic.

They fly because of science ... even if you can't see the science working. When we see a boat floating we can also see the water it's floating on. When a plane flies you can't see the air it's floating on and because we think that seeing is believing, we think that planes flying without visible support is odd/weird/magical/unsafe. Did you ever get on a boat and hear someone say, 'How on earth does this thing float?' So why do we do it on planes I wonder?

Ever since we were children we've known that things float on water. We had plastic ducks floating in our bath in front of our eyes. So we've always believed, and never questioned that 'things float on water'

Apart from a paper dart there's not much from childhood that encourages us to understand that planes float on air. But if you put your head into a 600 mph wind you'd get a real idea of why things float on air.

*It's invisible sure, but it's thick and it's hard.*



***Flying is safe it's a FACT***

***Ignore anything else***

***Installation of Facts continuing***



# More facts

You don't have to be a film star to fly a plane because real commercial flying is nothing like the stuff that Hollywood suggests. No split second decisions, no willing extra power from 'the old bird' no 'bringing that baby back to earth' just routine, procedures and training.

Pilots aren't steely eyed heroes who by sheer will power and determination alone, save their planes and everyone on board from catastrophe. They are ordinary men and women who have been trained to do what they do. It's no harder or easier than being an accountant, engineer, pianist, carpenter or teacher. Different people are better suited to do different things. Pilots see their jobs as being privileged but not one requiring exceptional skills. Their job is about routine, procedures and training.

It's important that you remember this because if you think the job requires exceptional skills you'll wonder why, and you'll end up thinking that it's because of the dangers and that flying is all balanced on a knife edge.

*Well it isn't!*





# Next steps

It's impossible to cover everything that you might need to know to overcome your fear in a short booklet like this. I hope this introduction has outlined the way to go. This is what we suggest from here on.

Have a look at the courses and products in our shop and choose the ones that will work for you. If you have any doubts or concerns get Captain Keith to call you back by filling in the form on the Home page. We highlight some of our products after this page. We are here to help you for as long as you need us. Despite how you feel today, however far away you feel from ever being able to fly you can succeed. Yes you can succeed.

**Here's a plan to be thinking about meanwhile.**

- Set your self a realisable target.
- Remember that you've got things to learn
- Develop the confidence that you can and that you will succeed.
- Remember that you've got lots of thoughts and feelings to throw away.

*Remember that whatever happens and whatever you feel, everything is progress except giving up.*





# Fear of Flying Courses

Are your chances of success better in a group of four or a crowd of a hundred ?

We can answer every question you have because we have time to look after **YOU** as an individual. Our courses take place in a de-commissioned aircraft which is set up with video and sound, which makes it the perfect environment to regain your confidence. We start with a chat over coffee to get to know you and your concerns before starting the course on the plane. When we have lunch, and during our regular breaks, there is always lots of helpful chat about things that concern fearful flyers. And remember no-one has ever wanted to take us up on our money back offer.

We guarantee you that:

- Everyone will leave with a smile.
- Everyone will leave with a strategy.
- Everyone will leave with a feeling of genuine confidence.
- Everyone will leave knowing that there's 24/7 support for as long as you need.

*First though you'll have to book a course!*





Hi Captain Keith, I love your book which I bought for kindle, thank you. I also really enjoy your website & hearing others succeed. Captain Keith says "The book is available on this course as part of the Knowledge section."

The facts,  
the psychology,  
motivation  
and  
strategies

# The best selling book

*This is the book that WILL get you flying.*

This new edition includes sections on the psychology of fear and motivational techniques.

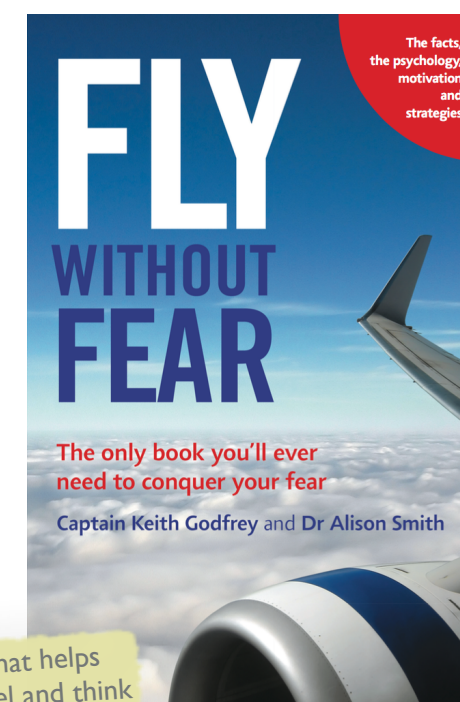
The book starts with the facts about flying in an easy to read question and answer style. Over 15,000 copies of the original book were sold and went to the top of Amazon's best seller list as soon as it was published.

Thousands of people around the world have had their lives changed by this book.

Dr Alison Smith's section on the psychology of fear describes techniques to deal with your fear before you fly and during your flight.

The book is available from our shop and can be bought in digital form on the internet

*The best there is*



Captain Keith Godfrey gives the answers in a way that helps you most. He has an insight to how fearful flyers feel and think about their fears and is able to answer their needs in a way that is straightforward, understandable and unfailingly accurate. Helping people to overcome their fear of flying is not a question of dumbing down complex issues but of explaining them effectively. He has lifelong experience of training in aviation and empathy with people explains many of the generous comments that people have offered. Dr. PG.



# The complete Audio Fear of flying Course

**If you want to relax in your armchair and hear everything you need to overcome your fear of flying this is the audio for you.**

Or play it in your car and overcome your fear as you drive.

Rip and relax then play it on any device.

With sound effects and a brilliantly narrated script you'll enjoy and learn at the same time.

## Tracks Include

Airports  
Air Traffic Control  
Weather  
Turbulence  
Myths and Misunderstanding  
Top ten Fears  
Starting ,Taxiing, Taking off  
How planes fly  
Airline OperationsStrategies  
The nature of Fear  
Reasons for fear

Interesting things about the weather  
Snow Ice and Fog  
Clouds and Thunderstorms  
World Aviation  
Overcoming your Fear  
From the Flight Deck  
Goodbye from the Pilot  
Calming music  
Go arounds  
Descents  
in the Cruise





# Other products to help you

## Audio course.

4 hours of audio guidance to overcome your fear of flying. Based on interviews and discussions with people who have attended our fear of flying ground courses.



## Telephone Support

6 Telephone chats of unlimited duration to give you encouragement and guidance whenever you need it. Before you book your flight, after you've booked or when you're at the airport. The right support at the right time.



## LOG BOOK 24/7

A free forum with members from all over the world



logbook 24/7



## One to One Courses

Spend the whole day with Captain Keith addressing your fears. If it helps you we can also arrange Simulator flights or accompany you on a short flight.



## In Flight Guide

32 pages of help in one easy to carry booklet. Use it to bring to mind those handy tips to overcome your last minute worries.



All available from our shop [www.flyingwithoutfear.com](http://www.flyingwithoutfear.com)



"Well here I am back in the UK after what can only be described as the most amazing experience and holiday of my life."

"Your flying course gave me wings! I flew 3 times last year!"

I just wanted to report that I flew successfully to Boston and back at Christmas. I used all the strategies you suggested and they were so helpful. There were a few uncomfortable moments, but nothing I couldn't handle.

"Your positive, persistent, never give up approach has more of an effect than you might know."

Thank you so much for all your help, the CD's finally arrived in the mail!! Captain Keith says "The complete CD Set is available as an audio file on this course."

I never thought I would be able to relax half as much as I did and know it was down to you resetting my perspective on flying and having some very good facts to call on. DK. IRELAND

Yes, I bought a round the world ticket, just got back. So have been to Malaysia, Australia, and America. 6 flights in 10 weeks. I still get juddery on take off and landing. It's just a habit of the mind I suppose. Very dull! But the flight back didn't cross my mind, not even take off. MH

Hi Captain Keith, I love your book which I bought for kindle, thank you. I also really enjoy your website & hearing others succeed. Captain Keith says "The book is available on this course as part of the Knowledge section."

Here's where you and your wonderful company come in to play. I guess you're sort of the AA of the fear of flying crowd. I found flying without fear early on in my return to flying. It has been a tremendous help to me ... your services are not just for folks that are still afraid of flying but also for us that have conquered the fear but need support to continue in our quest to fly to new places and experience all the world has to offer. Thank you. Mary

"Thank you so much for your quick response! it is very useful.. Your website and program has really helped me and even though I still may feel somewhat anxious, it is manageable and I am not getting stuck." R D Germany

"Thank you so much for your help and I will certainly recommend your course to anyone who is nervous about flying." DP U.K

I find booking a flight one of the hardest parts of flying, because it's all about choice. Captain Keith says "We have a practice booking facility on the website ... and it'll show you the best places to sit ... and produce a boarding pass for you!"

"I can't recommend your courses enough to anyone who may have a worry about flying. I think the preparation and understanding that you offer beforehand is the answer - I never believed I could fly to Australia - just didn't think it was possible. It felt like a brick wall that I couldn't get through but I DID and couldn't be happier now!"

Thanks, once again , for helping me with my fear of flying. I am 65 years old and had not flown for over 50 years now would go on an aircraft at any opportunity. Have flown over 50 times in last 3 years including the Twin Otter trips to Barra from Glasgow over 10 times. JK Glasgow

Well I just have to let you know I took my 2 hour flight to Tasmania!! On a tiny half empty Boeing 787 I think. A few bumps then smooth. I love seeing the scenery below - coastlines especially.

A week in Hawaii was my reward. Outstanding! I spent 2 months getting wound up about something that I found out was almost fun.

"May I take this opportunity to thank you for all the time and energy you have devoted to fearful flyers like myself." MT U.K

Thanks, once again , for helping me with my fear of flying. I am 65 years old and had not flown for over 50 years now would go on an aircraft at any opportunity. Have flown over 50 times in last 3 years including the Twin Otter trips to Barra from Glasgow over 10 times. JK Glasgow

All's good with my wife xxx and I - back from a week's holiday in Greece. No major issues with the flights, although very conscious that good sleep in advance is vital. NL Chichester

"I love Capt. K. I have been following for about 7 years." Kim



# “Thanks for flying with us” from Captain Keith

Perhaps this page should be called our mission statement but I’m not given to buzz words and slick marketing lines. What I like and prefer is straightforwardness. After 52 years of teaching people to fly I’ve discovered that taking people from where they are and inspiring them to achieve more than they expected has to be based on honesty. It’s the same for people with a fear of flying.

This is how we work:

You will be looked after ... personally.

You won’t hear or see gimmicks and we won’t dumb things down.

You won’t be asked for a testimonial or recommendation.

You will succeed, not us.

You will be treated as a person, not a customer or booking references.

You won’t suffer group hugging or presentational gimmicks.

You won’t hear about all the celebrities we have helped.

You will find and own lasting strategies.

but

Your success belongs to you so you won’t be getting a signed certificate with our name on!

Will these things help you?

*“you’ve nothing to lose and the whole world to gain”*