

# Fear of Flying Help guide at 4.50 only



Location

South West, Hampshire

<https://www.freeadsz.co.uk/x-167862-z>



A handy publication that is the perfect reminder of all the hints and tips to help you deal with your fear of flying. Fits in your pocket or purse. 1. "Relax" is the perfect pocket size guide to give you immediate support – when you need it most – with pages and pages of great tips for when you are packing, when you reach the airport and when you are on board your flight. 2. "Relax" is there, supporting you, even at times when you don't have your book to hand or can't turn on your audio player 3. "Relax" is structured so that you can get to the advice you need fast. From the moment you book your flight 4. "Relax" will be your perfect companion, talking about what you are experiencing and advising you on ways to be in the best possible shape for your.



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