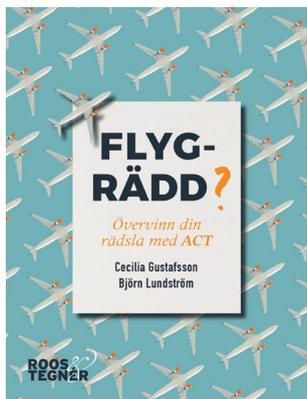


FEAR OF FLYING

- OVERCOME YOUR FEAR WITH ACT



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The flying human being

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Recommended reading

Flygrädd

Cecilia Gustafsson & Björn Lundström

150x200, 184p

Are you afraid of flying?

Do you endure feelings of dread for weeks before a work trip? Do you take your holidays as near to home as possible because you'd rather not put your foot in an airport? You're far from alone, but it doesn't have to be like this – flight phobia can be overcome! In this book *Fear of flying*, the psychologist Cecilia Gustafsson and pilot Björn Lundström reveal how you may overcome your fear. By applying the principles of ACT (Acceptance and Commitment Therapy) and practising the experience-based exercises described here you will learn tools to increase your understanding and actions that you can take as a result of the choices that you make. Cecilia explains what fear really is, and why we are often afraid of our own responses as opposed to any real danger – and what we can do about it.

Björn explains what happens before and during a flight based on his many years of experience as a pilot, and gives answers to questions that he receives from people with a fear of flying, for example:

- What is it that makes a noise at the start of a flight?
- What is turbulence?
- Can the aircraft be damaged by being struck by lightning?

The book gives highly accessible examples and exercises which in combination with a separate set of audio files helps you to overcome your fear and be able to actually fly without being afraid.



About the authors

Cecilia Gustafsson is a registered psychologist and specialist in clinical psychology. She bases her practice on behavioural therapy methods such as CBT and ACT. Cecilia has many years of experience treating flight phobia as well as other phobias and anxiety disorders. Cecilia is a member of the MINT network for MI training programs.

Björn Lundström started off with aeroplane gliding as a 15-year-old. He is an aeronautical engineer, a former test and Viggen pilot and now works as a flight captain. As @bjornpilot he has more than 70 000 followers on Instagram, Youtube and Twitter. Cure your fear of flying!