



Wie Flugangst verfliegt (German Edition)

Birgit Friedrich

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Jeder Dritte leidet unter Flugangst.

Die meisten Ängste beruhen auf Unkenntnis oder Hörensagen. Sie können leicht zerstreut werden, denn objektive Gründe für die Angst gibt es nicht. Wenn die Flugangst trotzdem bleibt, ist sie Ausdruck anderer, tiefer liegender Themen.

In diesem Buch werden all die ungewöhnlichen Vorgänge und Zusammenhänge rund ums Fliegen geklärt. So wird deutlich, dass es wirklich keinen Grund gibt, Angst zu haben. Es werden aber auch die seelischen Hintergründe beleuchtet, wie und warum Flugangst als Stellvertreter für andere Ängste oder Probleme entsteht. Vor allem aber werden viele sehr wirksame Methoden, wie auch kleine Tipps und Tricks vermittelt, wie Sie mit Ihrer Flugangst vor und während des Flugs ganz praktisch umgehen können.

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