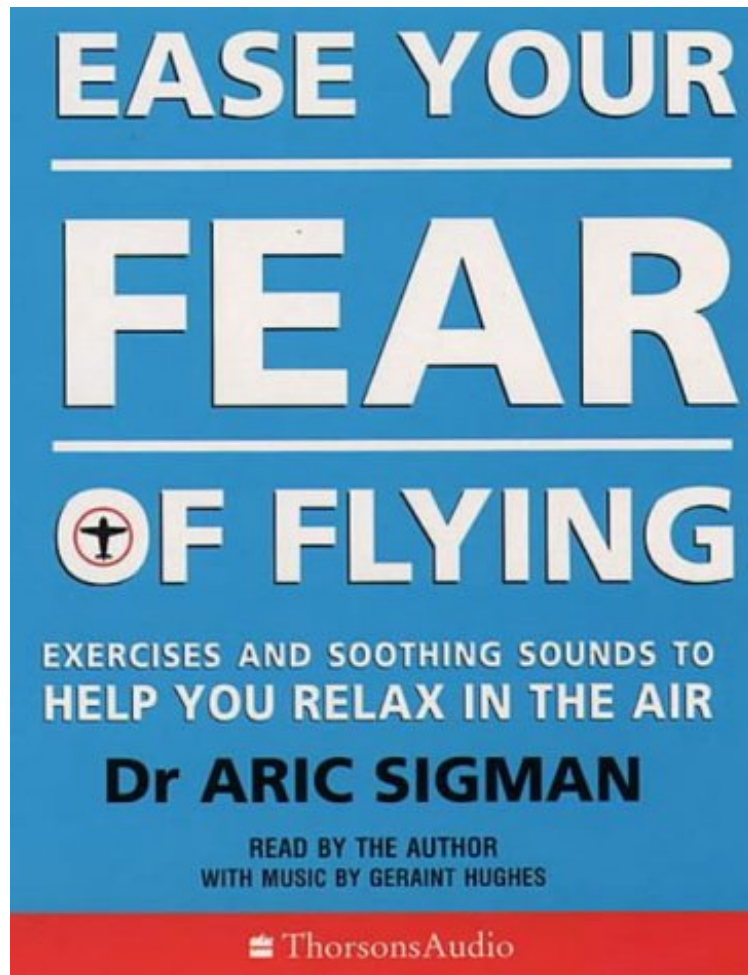


(Mobile ebook) Ease Your Fear of Flying (Thorsons audio)

Ease Your Fear of Flying (Thorsons audio)

Aric Sigman

*ebooks | Download PDF | *ePub | DOC | audiobook*



[Download](#)

[Read Online](#)

#15226242 in Books 1997-09 Format: Audiobook Original language: English PDF # 1 .67 x 4.15 x 5.44l, Binding: Audio Cassette | File size: 19.Mb

Aric Sigman : Ease Your Fear of Flying (Thorsons audio) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ease Your Fear of Flying (Thorsons audio):

2 of 2 people found the following review helpful. Not just for Fear of FlyingBy P. Kudsieh This audio cassette is about 90 minutes long and is more of a relaxation tape than a fear of flying tape. But having said that, I did listen to it a few times before flying and during one of the flights and it did seem to help. As a relaxation tool, it is the BEST thing I have ever listened to. I continue to listen to this tape years after I first got it to relax a few times each week and it does wonders. The whole process allows you to relax progressively peeling away layer upon layer of tension that you are holding in your body. When you are done, you are astonished at how relaxed you are, but even more amazed at how tense you were before but didn't realize it! Dr. Sigman has a soothing voice and relaxes your whole body before taking you on a visual journey. His associate Geraint Hughes composes the music to go with the voice instruction. It is a HIGH quality arrangement that literally brings you to another world. This is a First Class production that gives the

body immeasurable rest benefits and i'm surprised that it is not in the "stress relief" or relaxation category as many many people can benefit from this. I'm not sure if it's on CD or will ever be so get it now while tapes are still played.

An excellent tape by hypnotherapist and bio-feedback expert Aric Sigman, this cassette will help even the most phobic travellers relax before and during air flight.