

[Free] Overcome the Fear of Flying by Glenn Harrold (2002-06-21)

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*Glenn Harrold*

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**Glenn Harrold : Overcome the Fear of Flying by Glenn Harrold (2002-06-21)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Overcome the Fear of Flying by Glenn Harrold (2002-06-21):

1 of 1 people found the following review helpful. It really works!By CushlifeI have to agree with the other positive reviews. This cd really, really helped me! I listened to it every night for a couple of weeks before flying last March, and I was able to fly with very little anxiety! For me a big part of my fear of flying has to do with thinking about it ahead of time (imagining scary things), and this usually prevents me from even planning a trip that involves travel by air. But after listening to the cds, I am much less afraid when I think of flying, and I was able to plan THREE upcoming trips, all involving flying. (I did change my plans in order to not fly on Friday the 13th though, so I guess I'm not 100% cured!)Anyways, if you are struggling with this issue, go ahead and give it a try! You should be open-minded to the possibility that it can help, and you should listen to it as many times as possible.0 of 0 people found the following review helpful. Definitely helpedBy Linda TittleI listened to this for two weeks before I was scheduled to fly and and felt my anxiety decrease. I also downloaded this app on my ipad and as soon as electronics were allowed, I listened to it and felt very relaxed my entire 3 hour flight. I can't say I no longer have any fear of flying, but I do feel more in control and the fear and anxiety is not as great as before. Definitely recommend it.0 of 0 people found the following review helpful. Thanks to Glenn Harrold I now fly all over the ...By mjwotThanks to Glenn Harrold I now fly all over the world! Just a bit of anxiousness!! Have him with me the whole time!! Thank you for giving me the

freedom that flying gives me!!