

The Backseat Flyer

Nina Anderson

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The Backseat Flyer



A humorous perspective on what's really going on in the cockpit, with health tips on passenger survival in the alien environment of 35,000 feet.

Foreword by Dr. Howard Peiper

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Nina Anderson : The Backseat Flyer before purchasing it in order to gage whether or not it would be worth my time, and all praised The Backseat Flyer:

0 of 0 people found the following review helpful. Interesting, but has a lot of questionable info, tooBy John Nolley III love to fly--choosing a four-hour flight with a two hours of airport time over a six hour drive is a no-brainer for me. I find airports and airlines fascinating, and I picked this book to learn more about the ins-and-outs of flight itself, not to

resolve any fears of flying. There is a good bit of decent information contained within *The Backseat Flyer*; after all, Ms. Anderson has extensive experience as a pilot. The "survival guide" portion does contain good ideas for those fearful of or even just unsure about what to do to make one's flight the safest and best experience possible, and I found it fascinating to read a pilot's take on passenger travel. However, the book also contains items of questionable value (and information that at times is flat-out wrong). For instance, Ms. Anderson addresses the idea of catching colds or other illnesses from fellow passengers and says that airlines have gone from bringing in fresh air to recirculating the same stale air repeatedly "to save costs," which is simply incorrect; modern turbofan (jet) aircraft change their air completely out as frequently as every two to three minutes--so in reality you are not at risk of catching a cold, the flu, or SARS from anyone but perhaps the passengers seated directly beside you. She also advocates pseudo-scientific mumbo-jumbo like "elemental diodes" to reduce jet lag and fatigue, something akin to wearing magnets for joint pain (which sometimes "works" due to the placebo effect). The book is also rather spare; I had hoped for something longer. Yet the illustrations are funny (if not terribly reassuring to the fearful flier!) and the text engaging. I would recommend "The Flying Book" or "From Takeoff to Landing" perhaps as better books of a similar vein, but you may still wish to give this one a read.

1 of 1 people found the following review helpful. Booklet of minimal aid and interest
By BlueStar
This is a very small book from a vanity press that has churned out other titles on hemorrhoids and pet care. While the author, an experienced pilot, is no doubt knowledgeable, the book itself is spotty, repetitious, poorly punctuated and just not worth its price. It comes up in searches for books on overcoming flying anxieties, and while it does touch on that topic, there are far better and more comprehensive books to be read for that. In fact, until the section that is dedicated to alleviating those fears, the author demonstrates a rather sadistic attitude about potential plane disasters, so the more phobic will probably want to avoid this book. Also, a good chunk of the text is dedicated to recommending various quackery to relieve the health hazards of flying with flower tinctures and the like, and the writer lets the lecture bleed into the evils of things such as sugar and soft drinks in general rather than sticking to the issue at hand.

1 of 1 people found the following review helpful. Don't Bother
By olive
Ms. Anderson's attitude throughout the book is condescending and smug. The list of "commandments" (such as "Worship the Pilot"), speak more to a battered ego than compassion for the timid flyer. The entire tone of the book is one of disdain for the passenger, omnipotence of the crew, especially the pilot, with wise-cracking threats if one is not properly intimidated. I'm not without appreciation or gratitude for the experience of the airline pilot, the cardiologist, or the hazmat team, but I find it offensive to have it hammered into me as karmic law. Try reading Patrick Smith's *Ask the Pilot*, which is at once informative and thought provoking.

A humorous perspective on what really goes on inside an airplane, this book begins by presenting the "Six Commandments of a Backseat Flyer" and then offers "insider" information on what all those airborne bumps and whirrs are, what kind of training pilots have, and more. The author, herself an experienced pilot, also provides helpful advice on curbing fear of flying, eliminating jet lag, treating air sickness and natural remedies, and protecting yourself from airborne germs.

About the Author
Nina Anderson is a licensed pilot and professional writer. After graduating from Monmouth College, she embarked on a career in aviation that would span over forty years. With her experience in flying both commercial airline and corporate planes, Ms. Anderson has written several exciting books on aviation, including *The Backseat Flyer* and *Flying Above the Glass Ceiling: Inspirational Stories of Success from the First Women Pilots to Fly Airline and Corporate Aircraft*. Ms. Anderson's interest in technology and conspiracy theories inspired her to write the suspense novel *2012 Airborne Prophecy*. She lives in Massachusetts and still loves to fly airplanes. Richard Vail is a contributor for Square One Publishers titles including: *The Backseat Flyer*. Excerpt. Reprinted by permission. All rights reserved.

INTRODUCTION
Did you ever complain about someone's driving when you were a passenger? Come on? admit it! We all have. And what did you have in common with the driver? You know how to drive and from your vantage point, you probably know how to drive BETTER than he does. This little fact qualifies you for the title of backseat driver. Now, suppose you want to be a backseat flyer next time you take that little trip in an airplane. Does this mean you have to know how to fly the airplane to qualify? You bet it does? or how else can you know if the pilot is not living up to your standards. Since most of you haven't a clue how to fly an airplane, we aim to give you pointers so at least you can make criticisms where they are due! A pilot must undergo initial hard work and tedious hours for little or no pay, and days upon days away from home. They also must confront the onslaught of job rejections because they haven't accumulated enough flight hours. As it takes lots of years and lots of money to get enough flying experience for someone to pay you to fly, you may wonder just why people choose a flying career. It's because the thrill gets in our blood and we will do anything for time in the air. For many of us flying is genetic. Both my parents flew in a time when very, very, very few people ever left the ground. My mom flew solo and was on her way to being one of the few women in sport aviation, when her career was ended from a badly broken arm. My dad was a commercial aviator in the old smudge pot and rag wing days. Because of them, I was destined to be a pilot before I

was even born.