

Introduction

- 3 Easy Steps - The Gentle & Painless Process
- About the Author
- What to Expect

Lesson 1: Fear and Anxiety

- Explanation of Fear, Anxiety, Panic Attacks, & Claustrophobia
- Flying While Pregnant or with Babies/Kids
- Symptoms, Reactions, and Proven Remedies

Lesson 2: The People Who Work in Aviation

- The FAA
- The Air Traffic Controllers (ATC)
- The Aircraft Mechanics
- The Pilots
- The Flight Attendants

Lesson 3: The Aircraft and Its Environment

- Aircraft Systems, Safety, and Reliability
- The Basics of Flight
- Air Traffic & Terrain Avoidance
- Weather - Fog, Snow, Ice, Thunderstorms, Lightning
- Turbulence & Air Pockets - Explanations, Avoidance, Misconceptions

Lesson 4: Your Strategy for Success

- Airline Safety Statistics
- News Media Hype
- Terrorism, Hijackings, and Security
- Layers of Protection
- Dealing with Fear, Anxiety, and Stress

Lesson 5: Your Virtual Practice Flight

- How to Prepare for Your Flight Like a Pro
- Explanations, Videos, and Sounds of Each Phase of Flight
- Summary

Fear of Flying Help Course updated

This course now contains important information about flying including the latest information on terrorism, new security procedures, and what you can now expect as a passenger.