

FEAR OF FLYING HELP COURSE

with Captain Stacey Chance

VIDEO COURSE CHAPTERS

Prepare to Fly is the most comprehensive and interesting video ever made on commercial air travel. A must see for everyone who flies and great to share with kids and friends. Now you can be the most relaxed and knowledgeable passenger on the plane!

Chapter 1. Emotional Effects of Flying:

Panic Attacks - Control - Claustrophobia - Children - Imagination - Overwater - Noises - Heights - Coping Tips & Skills

Chapter 2. Physical Effects of Flying:

Motion Sickness - Xanax - Lorazepam (Ativan) - Bonine - Jet Lag - Ear Pain - Clots (DVT) - Flying w/Babies & Pregnant

Chapter 3 Aviation Professionals:

FAA - ICAO - Air Traffic Controllers - Mechanics - Airline Pilots - Pilot Medical Examiner - Dispatchers - Flight Attendants

Chapter 4 The Plane:

Aircraft Design - Jet Engines - Maintenance Inspections - Fuel System - Hydraulics - Pressurization - Fire - Electrical

Chapter 5 The Basics of Flight:

What Holds the Plane Up - What if Engines Quit - Turn - Climb - Descend - Glide - Flaps - Speed Brakes - Stability

Chapter 6 Weather:

Fog - Clouds - Rain - Snow - Ice - Thunderstorms - Lightning Strikes - Windshear - RADAR - Autoland

Chapter 7 Turbulence:

Mountain Wave - Convective - Wake - Air Pockets - Plane Plummeting - Jet Stream - What Pilots Do During Turbulence

Chapter 8 Safety & Security:

Statistics - New Technology - What You Can Do - Investigations - Why Planes Crash - Media - Security - Birds

Chapter 9 Planning Your Flight:

Choosing an Airline - Choosing Your Seat - Safest Seat - Best Time to Fly - Long Overwater Flights - Flying w/Kids

Chapter 10 Complete Flight:

Sights, Sounds & Sensations of - Boarding - Taxi - Takeoff - Climb - Cruise - Turb - Descent - Aborted Landing - Landing