



No More Fear of Flying: The Revolutionary Allen Carr's Easyway method in pocket form

By Allen Carr

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Fear of flying is a distressing condition that can have a devastating effect on your life. FOFs - people with fear of flying - either put themselves through hell every time they take a flight, or else they avoid flying altogether. Luckily, help is at hand.

The Allen Carr Easyway method has helped millions of people to quit smoking, alcohol and other drugs as well as to stop gambling, overeating and going into debt. This book unravels the misconceptions that make you believe flying is dangerous. All you need to do is follow all the instructions and you cannot fail to cure your fear of flying.

- * No scare tactics
- * No willpower required
- * Changes the way you think about flying

'Allow Allen Carr to help you escape today.' The Observer

'A different approach. A stunning success.' The Sun

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- Sales Rank: #1375343 in eBooks
- Published on: 2014-04-25
- Released on: 2014-04-25
- Format: Kindle eBook

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