



30 Minuten Flugangst überwinden (German Edition)

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Heutzutage bedeutet Zeit gleich Geld, das Flugzeug ist zum Fortbewegungsmittel erster Wahl geworden. Umfragen haben aber ergeben, dass ein Drittel aller Flugreisenden an Flugangst leidet, welche sich von schwitzenden Händen und leichtem Unwohlsein bis hin zur kompletten Panikattacke manifestieren kann. Dieser Ratgeber zeigt Betroffenen, wie sie ihre Flugangst Schritt für Schritt unter Kontrolle bekommen können. Anhand des Flugablaufs wird die persönliche Stresskurve festgehalten, dann bekommt der Leser eine effektive Bewältigungsstrategie an die Hand.

- * Was genau ist Aviophobie? Erklärung und Checkliste zur Feststellung der Symptome
- * Wissen beruhigt: Hintergründe zu Flugablauf, Pilotenausbildung und Flugsicherung
- * Bewältigungsstrategie: Entspannungs- und Atemtechniken, Ausarbeitung der persönlichen Stresskurve

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