



Fly Without Fear. Keith Godfrey and Alison Smith

Keith Godfrey

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Do you have a deep-rooted fear of flying, or would you simply like to be more relaxed when you get on a plane? In this informative and accessible guide, veteran airline pilot Captain Keith Godfrey and psychologist Dr Alison Smith welcome you aboard and take you through everything from take-off to touchdown, helping you to feel more confident and at ease when journeying by air. Many of the questions that trouble nervous flyers are addressed; for example: * What is turbulence? * Why are there so many unusual noises during a flight, and what are they? * How does an aircraft stay in the air? * What happens if an engine fails? * How effective are air traffic controllers?

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