

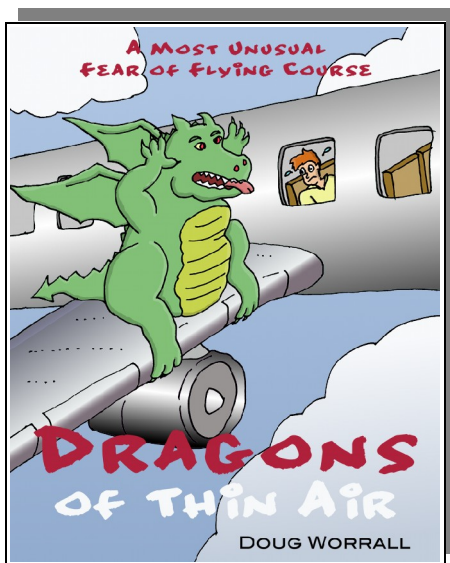


**Dragons of Thin Air** is an entertaining, insightful and comprehensive discussion for anyone afraid or nervous of flying who is ready to regain their freedom from fear.

It is not your average self help book... *this* guide to overcoming fear is actually fun! If you dislike taking medicine or fall asleep at the thought of reading a textbook you'll love **Dragons of Thin Air**.

Weaving together traditional fear-of-flying topics is the tale of a reformed Fear Dragon who teaches a family of fearful flyers how not to be afraid. Such a helpful attitude, being against the dragon's basic instincts, makes for a whole bunch of trouble but he *does* know fear — who better to run a course about fear than a dragon?

Highly visual in it's presentation, **Dragons of Thin Air** has 180 illustrations and concise yet humorous text that teaches the *need-to-know* basics so simply, clearly, and believably that you'll be amazed you ever believed anything else.



Suitable for kids, **Dragons of Thin Air** is far from being only for children. Adults will find rewarding explorations of deeper issues such as how humans (as prey animals) are hardwired to feel fear, how the modern world manipulates us to make us afraid, and the role of our imagination. Even the contribution of our poor understanding of numbers and statistics is revealed.

Stop yawning! These topics are never boring in the world of a Fear Dragon!

This strangely loveable character also teaches effective relaxation strategies to help stop the escalation of anxiety — for when knowledge alone is not enough.

If you are ready to tackle your fear and can suspend disbelief for long enough to give a recalcitrant dragon half a chance, you'll be delighted and amazed by **Dragons of Thin Air**. It truly is "**A Most Unusual Fear of Flying Course.**"

#### About the Author: Doug Worrall

A passionate aviator, cartoonist and educator, Doug combines original content from his Junior Flyer website with insights from a respected aviation psychologist, an Aussie sense of humour and a scaly rascal called Felix to create a dragon-tale aimed at helping millions of fearful flyers to fly again — with courage and a smile!

**Dragons of Thin Air - A Most Unusual Fear of Flying Course** is available from Amazon.com Amazon.co.uk and dragonsofthinair.com

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**Pages:** 218 Black&white 7.44" x 9.69" **Category:** Self-Help / General



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