

Advanced Strategies for Overcoming Your Fear of Flying

# THE TAKEOFF TODAY! PROGRAM



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## “Overcoming Your Fear of Flying Can Be Easier Than You Think...”



*"I'm Jeffrey Skiles, and no one has more reason to be afraid to fly than me. I was one of the pilots of US Airways Flight 1549 which lost both engines and ditched in the Hudson River on January 15, 2009. Despite that life changing experience, I was back in the cockpit only 2 weeks later without even a twinge of fear because I understand what flying is all about.*

*The Takeoff Today program will help you better understand your experience of flying, cope with your anxiety or even panic on board the plane, and put your fears behind you. Use it to tackle your fears and discover how to fly in comfort and confidence."*

*Jeffrey Skiles*

Co-Pilot Flight 1549 "The Miracle on the Hudson"  
Contributor to the Takeoff Today Program

From: Rich Presta  
Author of: The Takeoff Today Program

AS SEEN ON



Rich Presta's programs have been seen in the above media and more!



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