

# Anxiety at 35,000 Feet: An Introduction to Clinical Aerospace Psychology (The Forensic Psychotherapy Monograph Series)

Robert Bor, Brett Kahr

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Fear of flying is a growing problem among both passengers and airline crews. Recent terrorist attacks have heightened the levels of anxiety and fear when boarding a plane. In this volume, one of Britain's leading aviation psychologists explores passenger behaviour when faced with anxiety towards flying, the mental health of pilots and the possible treatments for people suffering from fear of flying. Includes contributions from Brett Kahr.



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