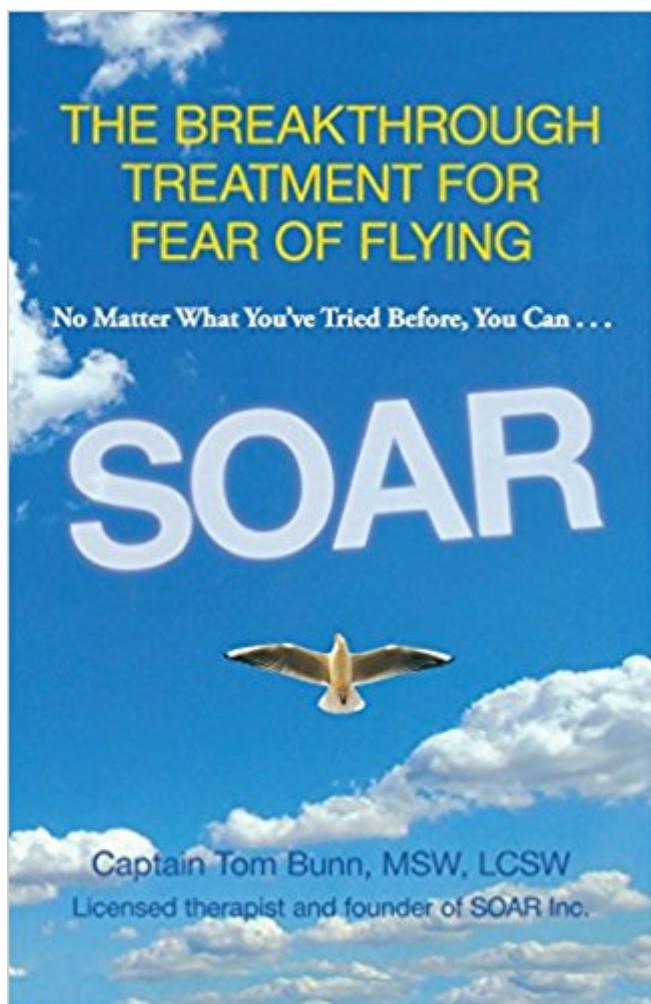


The book was found

Soar: The Breakthrough Treatment For Fear Of Flying



Synopsis

Captain Bunn founded SOAR to develop effective methods for dealing with flight anxiety. Therapists who have found this phobia difficult to treat will find everything they need to give their clients success. Anxious flyers who have "tried everything" to no avail can look forward to joining the nearly 10,000 graduates of the SOAR program who now have the whole world open to them as they fly anxiety free wherever they want. This approach begins by explaining how anxiety, claustrophobia, and panic are caused when noises, motions—or even the thought of flying—trigger excessive stress hormones. Then, to stop this problem, Captain Bunn takes the reader step-by-step through exercises that permanently and automatically control these feelings. He also explains how flying works, why it is safe, and teaches flyers how to strategically plan their flight, choose the right airlines, meet the captain, and so on. Through this program, Captain Bunn has helped thousands overcome their fear of flying. Now his book arms readers with the information they need to control their anxiety and fly comfortably.

Book Information

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Customer Reviews

"SOAR is more than a program of effective exercises to treat fear of flying. SOAR provides a relevant and understandable explanation of how the nervous system—as it works outside of awareness to protect us—overreacts and puts us into a state of anxiety when flying. SOAR provides the toolkit to educate the part of the brain that is below consciousness and involved in regulating anxiety to more accurately evaluate risk related to flying." Stephen W. Porges, Ph.D., Professor of Psychiatry, University of North Carolina,

author of The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation

Captain Tom Bunn L.C.S.W. worked on the first Fear of Flying program at Pan Am and founded SOAR in 1982. He is a licensed therapist, and lives with his wife Marie.

I never considered myself to be afraid of flying. Since, I immigrated to the US from India when I was a kid. Plus, I went back and forth a couple of times. Those flights were usually 20+ hours and I never even batted an eye. I didn't really fly a whole lot for nearly 8 years after that. But I developed the fear after I went on a short flight (Hour long) in 2014 and ended up being miserable on the flight. Though I felt better on the way back, since I felt more used to it. I only kept the stressful flight in mind, so I ended up not flying for a year. My fear really came to a head this summer, when I needed to make a short flight for a music festival I was attending with my friends. I booked the flight nearly 2 weeks beforehand, and I started having immediate anxiety the day I booked. Through the 2 weeks my anxiety kept getting worse and worse, I felt exhausted all the time plus I lost a few pounds. Eventually the night before the flight I realized I couldn't do it and I canceled it the next morning. I ended up doing an 8 hour drive to the festival. I felt really inadequate after that and I realized that I needed to do something to get over this. I looked at a couple of options, such as therapy and taking a class. But crossed those off as being too expensive and unlikely to work. So I went online and found this book. I read it and practiced the exercises for a month and a half. Before booking another short flight to test my skills. Right before the flight I felt incredibly anxious, but asked to speak to the pilot before hand. It really helped and I was able to get through the flight there and felt even better on the way back. (Btw I took the flight with my Dad, I would strongly recommend taking the flight with someone who you trust) I took another test flight that was 2 hours long, a few weeks after that again with my Dad. Then the final test came. I took a SF to Boston flight for work, and went through with flying colors. On the way back there was 2 hours of turbulence, but I held it together the whole time! Now I feel a lot more comfortable with flying and am even planning a trip back to India next year.

After avoiding air travel for over 18 years, I bought this book because my daughter begged me to take her to Italy for graduation, a request that horrified me due to my fear of flying. I completed the book, went back to it to refresh the exercises, and flew to Italy. After returning from Italy, I flew to California. My anxiety was mainly a lack of control, as discussed extensively in Tom's book. I

recommend this book to anyone as apprehensive as I was regarding flying. Quiet frankly, I had planned to never board an airplane again! Amy

This book has done a tremendous job in helping me to be more comfortable with flying. Once I hit 23 years old, I found that with each flight I took I was becoming more and more anxious. I was still flying about once a year on short 1-2 hours flights but I would be miserable the days leading up to the flight and just a bundle of nerves the day of the flight. The same thing would happen as the flight home approached and I wouldn't enjoy the last day or so of my vacation because I was so concerned about the return flight. My fiancé and I decided to go to Hawaii for our honeymoon which was 10 hours of flight time each direction. I bought this book to prepare and I made it through 20 hours of flying including 4 take offs and 4 landings with much less stress or pre-flight anxiety. SOAR has so many great exercises to prepare you for flying and the technical information about take off, turbulence, landings, etc put me so much more at ease. If you are a nervous flier but do not necessarily have the time or financial means for a full-fledged fear of flying course then I would HIGHLY recommend this book. The only reason I did not give this book a full 5 stars is that there were some pretty dense psychology-based chapters that were a little less helpful to me. All and all, well worth the purchase.

I first started with Captain Tom Bunn's course before his book was published. I had tried numerous things to get over my fear of flying, which kept me from flying for years. I had scheduled multiple flights to only decide at the last minute (sometimes at the airport) to not fly. I now live on the west coast while most of my family and friends live on the east coast, and I travel cross-country pretty frequently. Yesterday I got back from a wedding and visit with family on the east coast. The book is great because I can have another medium to practice and read up to prepare me for flights. I would recommend getting the book for sure and also checking out Tom's newsletter and full course. I still get slight anticipatory anxiety, but it's not nearly as bad as it used to be, and once I am on the plane I am totally fine. The fasten seatbelt sign used to feel like a death sentence to me, and now I don't even think about it. Turbulence, while I haven't been in severe turbulence, doesn't really bother me anymore. Tom is an incredible support, and as long as you practice a little (I wasn't even as diligent as I thought I should have been), it will help. It's amazing and the support community on the message boards is amazing as well. I can't say enough positive things about the book and Captain Tom's program. I am so happy he chose to do what he is doing because I would be stuck on the west coast and not able to see family and friends (or fly for work).

My fear of flying was so intense I missed weddings, births, and did not visit home for five years. Using the methods in this book I've flown twice in the last three months with little issue! After the first flight, flying became boring instead of anxiety producing. Can't speak highly enough of this book. Am now planning trips go Tokyo (11 hours) and Australia (13 hours) which seemed unimaginable even six months ago.

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