



# **Overcome Fear of Flying Guided Self Hypnosis: Get to Sleep on Airplanes & Ease Airline Travel with Meditation & Affirmations**

*Anna Thompson*

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This *Overcome Fear of Flying* guided self-hypnosis program was designed to assist the listener in releasing fears of flying, gaining positive associations with air travel, gaining flexibility and resiliency while traveling, and getting to sleep on airplanes. The hypnosis induction features isochronic tones, which are a form of brainwave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track; a meditation track (partly guided, with ancient Solfeggio frequencies); and, as an extra bonus, an exciting and powerful drum-journey bodywork track. Using an alternate induction, hypnotic drum beats, and posthypnotic suggestions related to overcoming fear of flying, this drum journey is designed to get the listener out of the brain and back into the body. Many find this useful for releasing energy blocks and healing and integrating the mind, body, and spirit. Written and narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. Life is short; live it well.

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