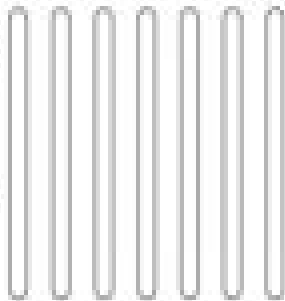


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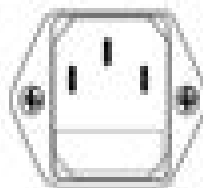
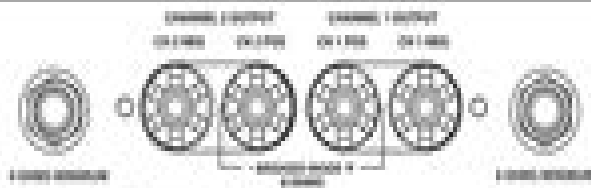


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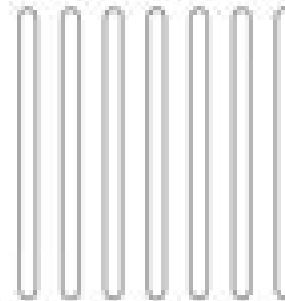


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most people who fear flying are claustrophobic or frightened of being locked in the plane and unable to choose when to get off a phobia is an intense fear that is out of proportion to the danger which is particularly relevant to fears of flying most flight phobics agree that flying is safe yet frightening

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fear of flying is a fear of being on an airplane or other flying vehicle such as a helicopter while in flight it is also referred to as flying anxiety flying phobia flight phobia aviophobia aerophobia or pteromerhanophobia although aerophobia also

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has developed from a fantasy into a common and widely used mode of

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nov 22 2016 luckily fear of flying is treatable and there isn't a shortage of ways to deal with it there are of course personal strategies some of us don headphones or drink alcohol others take anti