

# **Fly Away Fear: Overcoming Your Fear Of Flying (Karnac Self Help Series) By Elaine Iljon Foreman**

**By Elaine Iljon Foreman**

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Ms. Elaine Iljon Foreman, which she has developed for overcoming the fear of  
flying, In addition she has co-authored Fly Away Fear, A self-Help Guide to

<http://www.psychfinder.co.uk/elaine-iljon-foreman-263.php>

Fly away fear [electronic resource] : overcoming your fear of flying [2008]

Foreman, Elaine Iljon. London : Karnac, 2008. Book xxiii, 166 p. : ill., maps.

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