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# Overcome Your Fear of Flying

A Seminar Series dedicated to providing you the tools and techniques to get you flying high



## Location

Emmaus

Counseling Center

8290 165th Ave. NE  
Redmond, WA 98052

## Seminar Fee

\$160 for the series.

*(Please bring a check to your first session).*

## Dates

Three Mondays:

November 1, 2010

November 8, 2010

November 15, 2010

## Time

6:30 – 8:00 pm

With the holidays rapidly approaching, many people are facing their upcoming air travel with dread. We are pleased to offer a series of **three 90-minute classes** focusing on a powerful new technique that has already helped many people around the world cope with -- and often completely erase -- their fear of flying.

In the classes we will use a technique called EFT, or **"tapping"**, that involves tapping on acupressure points. Conventional approaches usually only manage to blunt the stress of fear of flying over the course of months, or even years, of work. Tapping can alleviate the fear in just a few hours or less.

We will work on different common aspects of a fear flying, like claustrophobia or feeling you are out of control, as well as the physical reactions people have like their heart

pounding or their stomach clenching up. We will also work on reducing the fear specific memories of difficult flights may still bring up in you. Finally, we will go through all the steps involved in a flight, from buying the tickets to packing and driving to the airport through take-off and landing, using the technique on all the aspects of the flight that cause you stress.

In this seminar, you will learn the basic tapping technique to **lower your stress immediately** while on a flight, including some subtle tapping steps you can take in a cramped airplane seat without calling attention to yourself. In addition, many people get a significant reduction in their flying stress before they ever have to get on a plane, and some get over their fears completely.

And when the fear is gone, it's usually gone for good -- no more relaxation techniques or medications needed.

Ms. Linnerooth has taught tapping to many individuals and groups. She has seen the great relief it has brought to many, and in some cases witnessed her clients' immediate relief from their fears. As an example, after just one group session, a client went on several flights and found her usually quite severe anxiety was gone except for a bit of apprehension during turbulence, which she simply tapped away during the flight. **The classes are held in an intimate 10-person setting.**



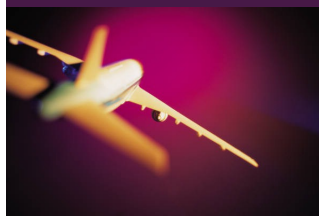
## Your Instructor: Nancy Linnerooth, LMFT

Nancy has more than eight years of experience working as a therapist and a business coach in the Seattle area. She is a Licensed Marriage and Family Therapist and a clinical member of the AAMFT. She received her masters degree in marriage and family therapy from PLU in Tacoma, Washington in 1999.



Nancy specializes in the treatment of stress, trauma, and anxiety issues in adults, children and teens. She has been a practitioner of the tapping technique since 2006.

Nancy is excited about helping people get over these sometimes lifelong fears. **It can really change lives!**



Please register by  
October 29th, 2010  
by calling  
425.869.2644.