

(PRLEAP.COM) "Flying Beyond Fear Workbook," a new book by Dr. Yvonne DeMoss, has been released by Dorrance Publishing Co., Inc.

To a certain degree, fear is essential to living. However, it is another story when it begins to control and rule a person's life.

Long-running fear, anxiety, and all manner of phobias may be traced to how healthy fear, as our cave-dwelling ancestors knew, it has become skewed in the context of modern living. So it is in the case of people who face all manner of nightmare when confronted with the idea of flying.

In "Flying Beyond Fear Workbook," Dr. Yvonne DeMoss dissects the roots of the fear of flying, and presents elaborate measures to counter them. Those who suffer chronically will appreciate the keen insight laid out in the book, to set them free at last to enjoy the sight of a plane's cabin.

About the Author:Dr. Yvonne DeMoss has been in private practice for over twenty years. She mostly works with individuals who suffer from phobias, anxieties, and mood disorders. She has recorded two CD's that aim to help anxious flyers relax and enjoy their flight. Dr. DeMoss also teaches college and has travelled to more than 60 countries around the world and still counting.

"Flying Beyond Fear Workbook" is a 218-page paperback with a retail price of \$30.00. The ISBN is 978-1-4809-0142-1. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore at www.dorrancebookstore.com