

Meditations for Frequent Flyers



Do you hate flying? Does the very idea of being on a plane stress you out? Fear of flying may be an everyday phobia, but that doesn't mean that you have to live with it. From the bestselling author of *Meditations for Manic Motorists* and *Buddhism for Busy People*, the exercises included in *Meditations for Frequent Flyers* will improve your physical and mental well-being while in the passenger seat.

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