



Flying Lessons The Psychology of Intimacy and Anxiety

By John Snyder

AuthorHouse. Paperback. Book Condition: New. Paperback. 152 pages. Dimensions: 8.8in. x 5.9in. x 0.4in. We fly in a moving medium of air. We live in a moving medium of feelings. In *Flying Lessons*, clinical psychologist Dr. John Snyder weaves together these two realms, drawing on his experiences as a licensed pilot to illuminate the existential truths that have helped him transform the lives of troubled men and women for more than 35 years. Part adventure story, part philosophical meditation in the tradition of Saint-Exupery, *Flying Lessons* offers a fresh perspective on timeless problems of anxiety, depression, and relational conflict. Each of the book's eight chapters begins with a dramatic incident from Dr. Snyder's 2000-hour flight log: the sheer terror of a total power loss, the disconcerting moment when the sky above becomes indistinguishable from the sea below, the sensation of spiraling toward the earth in a stall, the shock of emerging from a cloud bank to find a mountain peak rising dead ahead. Dr. Snyder uses each of these flying stories to generate a metaphorical lesson about the nature of human relationships, illustrating general principles for sustaining joy and intimacy with case histories from his clinical practice. Written in a straightforward,...



READ ONLINE
[2.33 MB]

Reviews

This publication could be worth a read through, and far better than other. This is certainly for all those who state there was not a worth reading through. You may like just how the author compose this publication.

-- **Dr. Kayley Kovacek PhD**

Completely essential go through ebook. It can be written in basic phrases and never difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Jessy Collier**