

# Visit Our New Fear of Flying Site!

We at Shift Cognitive Therapy + Assessment are very happy to launch a brand new website devoted specifically to the fear of flying: [www.afraidtofly.ca](http://www.afraidtofly.ca)! Come see the programs we have for people who are too afraid to fly and for those who still fly but feel nervous about it.

Anyone can fly without fear and we can show you how you can do it too!







## Afraid To Fly?

Let us teach you  
how not to be

THE NON FLYER  
\$995



THE NERVOUS FLYER  
\$495



THE INDIVIDUAL  
Billed Hourly



### Learn to Fly Comfortably With Dr. Ian Shulman

Would you believe that most people who are afraid to fly have never had an incident on a plane? That isn't surprising. The airline industry is so heavily regulated and controlled that accidents involving airplanes are exceedingly rare. Yet many people feel too afraid to fly and avoid travelling.

**Are you afraid to fly? Don't be. It's a choice and you can learn to make it.**