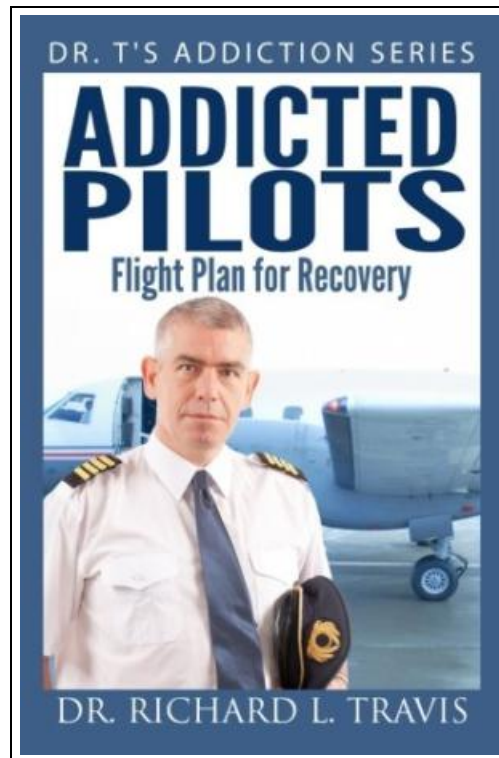


Addicted Pilots: Flight Plan for Recovery (Paperback)



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Reviews

*A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.
(Prof. London Gerlach)*

ADDICTED PILOTS: FLIGHT PLAN FOR RECOVERY (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. **Completely Updated in December/2016** This book is not about bad pilots. It is not about addicted pilots who have crashed planes or endangered the lives of their passengers. It is about the number of pilots, who have untreated addiction issues. Seldom do these addiction issues impact their skills at flying a plane, as there are few reports of impaired pilots actually flying planes. The pilots that this book addresses tend to be the ones who are out of control in their personal lives, and abuse alcohol or drugs to medicate stress, or to deal with loneliness, and other feelings which may be uncomfortable. This book is recommended for those pilots who are suffering from any form of addiction, and their families, co-workers and those who fear this pilot might develop a dependency. Besides treatment options, this book offers great help in the identification of what to look for, and how to avoid the development of drug abuse problems. There is also much to read about Relapse Prevention. If you have already developed a dependency, you can use this book to find the resources you need for your recovery and continuing your career. Addictions can make the life of any professional very difficult, but in the majority of cases, there is a way back to a healthy life and career. Please check out the many Mental Health Apps, YouTube videos, TedTalks, and Links listed for you at the end of the book.



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