

Daniel: Hi. I'm Daniel Zomparelli. I'm afraid of, well, a lot of things, snakes, cars, debris falling from a plane and crushing me, parallel universes, just to name a few. I'm no expert on fears, but I wanted to learn more about what scares us. So I've invited some people to tell me what they're afraid of. Then I talk to some experts to try and dig into what those fears are really all about. This is I'm Afraid That.

Daniel: I wasn't always afraid of flying. I remember as a kid, it would bring me intense joy to feel the bumps and shakes of turbulence. I thought of it almost as a roller coaster. It changed after high school. I don't know if it was because I came out and was dating or just my awareness that the world changed, but the fear kicked in.

Daniel: One particularly bad flight, we were landing in Maui. The wind was so harsh that it forced the plane to take off again, right when we were supposed to be landing. The wheel touched the ground and then all of a sudden, we were flying upwards again. I remember someone saying that the plane couldn't land ever if we couldn't land on the second try.

Daniel: My brain, in panic mode, decided that not landing meant we had to crash. Not that we would just fly to a different island. In hindsight, that person truly didn't know shit. But at the time, I thought, "Well this is how I die I guess." We landed safely obviously, but the fear of flying continues to prevail. Someone I know who is extremely afraid of flying is our next guest, Lang Fisher, a TV writer for shows such as Mindy Project, Brooklyn Nine-Nine, and the forthcoming, Never Have I Ever. We talked with her about her fears, and then we get advice from writer and former pilot Max Wheeler.

Daniel: Lang Fisher is a writer and a producer for some of your favorite shows including 30 Rock, The Mindy Project, and Brooklyn Nine-Nine. She's the co-creator of a new show with Mindy Kaling coming out on Netflix.

Lang: Yes, that is true.

Daniel: Thank you so much for joining us.

Lang: Thank you so much for having me.

Daniel: Lang, would you please tell us your fear?

Lang: I have a fear of flying and it is really ... It feels both irrational and rational to me.

Daniel: Right.

Lang: But I've had it for most of my life.

Daniel: Okay.

Lang: Yeah.

Daniel: Fear of flying is quite common from what I looked up. The studies are weird, so there's anywhere between five to 20% of Americans are afraid of flying. I think it's 82 currently on the most, 82nd most feared thing anywhere.

Lang: I would imagine, I'm surprised it's that far down.

Daniel: Well, when I tell you what it's nearby, you'll understand why, further down around 87 or something is zombies.

Lang: Which I feel totally comfortable about.

Daniel: Yeah.

Lang: Zero fears of zombies.

Daniel: Yeah, Unfortunately, it's very close to whites no longer being the majority of the US.

Lang: Oh God.

Daniel: Yeah.

Lang: Oh no.

Daniel: If you ever want to check out the top fears of America, you can really pinpoint why we're where we are.

Lang: Oh my God. Yeah. Okay. Well, I'm just going to stay at solidly at 82. I'm not going to fluctuate to either side.

Daniel: I don't think, that's not a scale of you having those fears.

Lang: Yeah, that's crazy.

Daniel: You said it's since from when you can remember. Do you remember a time you weren't afraid of flying?

Lang: It's so interesting. I think any fear, it's really evolved into different versions of itself. I think it originated, and this will be what, if my therapist were here, is what she would say. But it originated because my parents got divorced when I was relatively young. Then I had to fly back and forth across the country a lot. It would just be me with my two younger brothers. The pressure a little bit of being the mother figure of my little brothers but also being a little scared was one of those things where I didn't feel I could necessarily express my nervousness because I wanted to be brave. But I think in my brain I would just spin out. A lot of times they feel that's how anxiety builds because you're just struggling all by yourself with it.

Lang: But I do remember this one time when my brother, who's six years younger than I am, we were flying in one direction to visit one of our parents. He was perfectly happy. We were in the middle of some turbulence. He was perfectly happy. He was playing his Game Boy. I was sitting there white knuckling it. I asked, an 11-year-old asked a stewardess to come over and I was like, "My younger brother is incredibly scared of the turbulence and I would love if you could explain to him why it is doing this, why the plane is shaking so ferociously." Clearly my six-year-old brother couldn't give a shit. He was perfectly happy playing his video game.

Lang: But she saw right through me and told me, she was like, "Just think of it like bumps on a road. We're in a track. These are just air bumps and it's perfectly fine." I was just like, "Thank you so much for your time. I think it has assuaged his fears. I appreciate you." But still, it just feels scary.

Daniel: Yeah.

Lang: Yeah.

Daniel: How often do you look up what turbulence is?

Lang: Oh man, the number of times I've looked up different things. I mean my most recent purchase is an app that predicts the turbulence in a flight.

Daniel: Oh.

Lang: You can watch your flight as a line. Green is all good, and then yellow is little bumps. Then red is you're going to get some big bad bumps. You can see your flight going and you're like, "I'm about to hit the little section of the line that's yellow." There's one little teeny section that's red. It will be like you will be feeling these bumps for 15 minutes. That has been helpful because I think for me, a lot of my fear of flying is this anticipatory anxiety. This kind of, "What if it's a bad flight?" Or sometimes it's much worse for me a couple of days before the flight than the actual flight.

Lang: I will be worrying about a bad flight coming. I will be checking the weather and being like, "Where are the rainstorms are going to be?" When we get over tornado alley, is it going to be real bumpy? But the funny thing about it is it's made me such a hilarious expert that it's just like, "Huh, well I know that we'll be going over the Rocky Mountains now. So obviously the dip in air pressure and the wind coming off the crest of the mountains is going to move the plane around, and that's nothing to worry about." So if there's anyone sitting around me that is scared of flying, I am the most calming presence to them because I have all the answers but I'm also still scared.

Daniel: It doesn't in any way help if you're explaining it to someone else?

Lang: I think outwardly, I seem very calm but a lot of times I'm quite scared. I am also saying it to myself.

Daniel: What about the plane scares you?

Lang: I think that because if something goes wrong, and this is honestly actually not factual, but in your brain, if something goes wrong and you're like, "Oh, we're toast." You don't have a shot. Whereas in a car accident, even though those happen so much more frequently, I got in one on Monday. It wasn't my fault, I was rear-ended. But I think because you have A, no control over your survival and also because it feels survival is unlikely if you plummet out of the sky.

Lang: To me, that is the scariest thing. I remember reading one of those Malcolm Gladwell books that pools are so much more dangerous than airplanes, by leagues and leagues. Pools are a very dangerous thing to have. But, because the very few occurrences of plane crashes are so cataclysmic, it makes them so scary.

Daniel: Right.

Lang: I don't know how many commercial airliners have crashed in the last few years, but it's really probably less than 10, but you know that 200 people died.

Daniel: Yeah.

Lang: I think also just to me, the thought, this is honestly the thing that scares me the most, and I feel it's going to freak you out, Daniel.

Daniel: Okay.

Lang: So I apologize. But the thought of falling out of the sky to your death, however long it takes you to hit the ground, it seems the scariest experience anyone can feel.

Daniel: Oh yeah. No, That's generally why I'm afraid of it. It's like ...

Lang: Yeah.

Daniel: Don't want to have to think that directly of my death. I'd rather there be a delay.

Lang: Yeah. I'd rather-

Daniel: Or no warning.

Lang: Yeah. You'd rather be eaten by a velociraptor who sneaks up behind you, which is a real thing. No, the thought of just sitting quietly in your seat while you fall out of the sky. You're just like, "In 30 seconds, I'm dead."

Daniel: Yeah.

Lang: Seems like such a horrifying reality to me.

Daniel: True. I also think of what being pressurized, the air pressure does to your-

Lang: There's all those ... I don't know if they're old wives' tales or if it's true, but that the pressurization rips everyone's clothes off when you die. So you're just nude dead bodies on the ground.

Daniel: I have never heard that before.

Lang: I heard that one time and it stuck with me. I was like, okay.

Daniel: It has to add to the anxiety, right?

Lang: Yeah.

Daniel: I was just listening to NPR today. They're talking about it, how you will cry more or something. You're emotions will-

Lang: Oh my God, yeah.

Daniel: So your anxiety has to be intensified.

Lang: I think that's true. I mean, oh man, I've cried on every airplane for a movie that I've watched. I mean certainly I'm two glasses of wine in, but I'm just like ... I cried during the Justin Bieber documentary. I was like, "This is so moving." I don't know. His dad came to see him play. There I was just sobbing. I don't know if that would have been true had I watched it.

Daniel: Yeah. I cried too. I think my second or third watching of a Bad Mom's Christmas. I was like, yeah, these are mothers.

Lang: Yeah. They're mothers. They're just trying their best.

Daniel: Christmas is hard.

Lang: Christmas is hard. It's about family.

Lang: Here's the thing, I fly all the time. It has not ever stopped me from flying. So I've yet to become a Wes Anderson or a Whoopi Goldberg, who apparently has a really nice bus that takes her back and forth across the country when she has to.

Daniel: That's a dream case scenario for me.

Lang: Yeah.

Daniel: I would love that.

Lang: Yeah, she has a giant bus I think, that drives her and is really well catered. But I have not hit that place yet. We'll see what lunacy I descend into.

Lang: The most fearful part of the flight for me is take off. Mostly because I looked up studies and the most dangerous crashes are often screw ups from takeoff.

Daniel: Oh, I did not know that. I felt I didn't need to know that. But you know what, too late.

Lang: Listen, I'm sorry I put it in your brain. I don't think it makes them more likely, but I feel like because you have to have so much more speed to get up in the air.

Daniel: Yeah.

Lang: I feel now I'm worried the podcast is going to make people who weren't afraid of flying now deeply afraid of flying.

Daniel: That's okay.

Lang: Flying is very safe, everyone.

Daniel: It's also extremely bad for the environment.

Lang: It's quite bad.

Daniel: So, if people want to fly less, that's fine.

Lang: Yeah, it's true. It is the number one bad thing you can do for the environment. But yeah. So once we've hit that little ding with our cruising altitude, I feel a lot better.

Daniel: Yeah.

Lang: But yeah. So those are the main things. Then honestly, I will just have a few glasses of wine and watch a bad movie.

Daniel: Right.

Lang: That is how I usually get through it. But if there's bad turbulence, I freeze up. My legs lock up. I once pulled a calf muscle really bad because there was such bad turbulence. I just never understood the people who during those drops out of the sky, being thrown around a tin can, and they're just asleep or they're just reading their book or eating a salad. I don't get it. Or there's always, every single time you have horrible turbulence, there's just an elderly woman who gets up to pee.

Daniel: Yeah, day hours-

Lang: You're like, "What are you doing? Why? How come the urine hasn't just flown back into your body from fear? You are already so fragile. Why do you think now is the time? Now is the time to go?"

Lang: At some point, probably 20 years ago when I was a child, I decided that planes were safer if there were other children on the plane, which makes no sense. Plane crashes always have kids on them. So it doesn't make any sense, but there is just something where I will look around and be like, "Is there a kid on this plane?" It's like, "Oh there is, okay good. There's a kid. Great." I don't know where this came from but it's now part of my system.

Daniel: Well, they're lighter.

Lang: They're lighter. It's just whatever heavenly being up there won't kill this adorable child. Then that child's acting like a brat and you're like, "Come on, buddy, don't crash the plane. Have a better attitude."

Daniel: Be angelic.

Lang: Be angelic. Sing a sweet song, be a good little boy.

Lang: I remember being on this plane and just sitting in a window seat. I don't feel more particularly more scared if I'm in a middle or a window seat. But I feel better in the aisle seat, but I don't panic if I'm in the other seats. But one time, I had a window seat and I was just sort of sitting there. It was a cross-country flight and this woman, who thought she had that window seat, sat next to me and had a full blown panic attack, truly was so scared because she was in the middle seat and she was just like, "I really, just thought I had the window seat." She was having this argument with the flight attendant. She was like, "I was promised I had a window seat," blah, blah, blah, blah. The woman's like, "I'm very sorry, we don't have any available." So I switched seats with her and she was so thankful to me. Then told me that she had been in a plane crash before.

Daniel: Oh God.

Lang: Needed to look out. She just was like, "I need to look out." For some reason, in the warped recesses of my brain, I was like, "Oh my God, great. If she had been in a plane crash before, the likelihood she's getting in another plane crash is almost zero." I was like, "We're sitting pretty."

Daniel: I don't know. We've both watched Grey's Anatomy and I feel like ...

Lang: Yes, Meredith Grey has been in three plane crashes, or two and a half.

Daniel: Maybe she's a bad luck plane crash person.

Lang: Yeah. She said she had been in a plane crash in Japan at some point, and described it in detail. This was many, many years ago, so I'm not going to remember all the details. But then later when I got home, I tried to find this plane crash and could not find it. There was like no evidence of this plane crash ever happening. Then I was like, "is this woman just a wild liar?"

Daniel: Yeah, to get the seat she wants?

Lang: To get the seat she wants? I mean I believed her fears. She looked terrified, but is this the new, the extra story she's added on to it because she needed a better reason to get her seat?

Lang: I also feel very vulnerable admitting all this stuff because for a very long time, I kept this as a very giant secret because I felt ashamed about it, because it feels like an opinion of a stupid person.

Daniel: You think it's basic?

Lang: I think it's super basic and I feel it's uninformed. It feels like something that a yocal who's never been on a plane would feel. It doesn't feel like a cosmopolitan, sophisticated woman's opinion of something. It feels like a person who's like, "What if the wings just fall off?" What if the wings fall off? I so deeply want to be a cool jet-setting lady, but I think there's just something that is now imprinted and trained in my brain that's Pavlovian. It's like airplane, and I'm like, "Oh, scared." Ding, ding, ding. "I'm scared now."

Lang: I truly feel like I know all the information. I just still feel scared because a lot of times, these types of anxieties it's usually the way to get over them with exposure therapy where you actually do the thing you're afraid of, but that is not the case for me. I think sometimes my fear has gotten a little worse because the more I fly, the greater the number of bad flights I've been on. Where you're in a terrible storm or the plane is jostled even worse than it was before.

Lang: There was a time, I feel the best like this fear has ever been for me was in my 20s. I think in my early 20s I was actually the least afraid. And then I had a few flights in my mid to late 20s that were drop out of the sky, people flew through the air.

Daniel: Yeah.

Lang: Kind of flights that just shook me. Those are the flights where if you're in the cockpit, I'm sure it's just all right, we just have to get through this storm. But when you're in the back, you feel when you've landed, you have nearly died.

Daniel: Yeah.

Lang: You've just barely survived.

Daniel: That's when people are clapping.

Lang: Yeah. When they clap and everyone's screaming and stuff. Those are the ones where you're almost more afraid that you're going to end up on one of those flights again than actually being like, "Well, certainly we'll crash."

Daniel: Right.

Lang: Because they're just so scary.

Daniel: They're so scary. I've had a couple of those. One where they didn't know it was happening and the service was out. So the drinks fell everywhere, someone flew up a bit and you're like, "Oh."

Lang: Yeah. The flight attendants look a little like panicked and you're just "Oh, oh. I don't like this."

Daniel: Yeah. They were just like, "sorry, we just didn't know." YOU're like, "But that means you don't know a lot of stuff."

Lang: Yeah. Then you're like, "Oh God, why did I decide to go to Cabo?" I will say this one time, I was flying back from Texas. I was on a smaller plane that was really being jostled around. I was really freaked out by it. But I was sitting in front of this mother and daughter. The daughter was, I don't know, 10 or 11 and she was very scared. The mother was being so comforting and explaining every single thing to her. She was being like, "The plane feels bouncier than it like actually is, if you were outside it wouldn't even look like we were bouncing at all," and was being so sweet and comforting and truly comforted me. I don't know. That was one time where I was like, "This is actually like a non-wine related piece of comfort."

Daniel: Right.

Lang: That I've felt on a plane. I told my therapist this and she's like, "I think sometimes maybe you should just reach out for help and say that you are uncomfortable. Admitting your fears might actually make you feel better about them instead of just letting them bounce around in your head." So maybe this podcast was my therapy.

Daniel: I remember starting to be afraid at 19 or so, no, 21-ish, of planes and it was when I got my first boyfriend.

Lang: Interesting.

Daniel: It was not being together, going away and being separated in a plane was like, "Oh, what if this person's taken away?"

Lang: I do think a lot of it comes from a deeper other thing. I do feel my thing about it is like a lack of control. It started when I felt a little bit of a lack of control over my life because my parents had split. They were on opposite sides of the country. I was being forced to have to be on this plane and go back and forth between them. So I think a lot of these fears are also based in another thing that is an emotional thing for people.

Daniel: Right.

Lang: I feel that's also very fascinating.

Daniel: Yeah. It's like they attach themselves to the plane.

Lang: They attach to themselves to the plane.

Daniel: Lang, thank you so much for joining us on I'm Afraid That.

Lang: Thank you, Daniel. I hope that the other fearful fliers out there glean some, I don't know, comfort from this.

Daniel: Yeah. Or gain new fears.

Lang: Or gain new fears. I freak them out about other things.

Daniel: That was Lang Fisher and her fear of flying. Before we talk with expert Max Wheeler, a writer and former pilot, let's listen to one of the voicemails you left on our Fear Line.

Caller: Hi, my name is Michelle. I have this fear about flying to Australia. I think it's just from having a lot of anxiety around flying. Because I live in Canada, it feels like the longest flight I could take. So even for a while or at times of stress, I'll just have these anxiety dreams that I'm about to get on a plane to go to Australia. Yeah, I'm just worried about having a panic attack and having 20 hours left on a flight or something like that.

Daniel: We're sitting with the Max Wheeler who enjoys flying for fun, I believe. Welcome to the podcast.

Max: Thank you.

Daniel: Can you tell me a bit about your experience with flying?

Max: I began flying I would say about 2003.

Daniel: Okay.

Max: For a lot of years, I lived between Los Angeles, and Idaho, and Colorado. So I would fly back and forth between those places. Small private airplanes like a Cessna, a single-engine sort of cup two seat engine, is roughly the price of an expensive car.

Daniel: Okay.

Max: It's not prohibitively expensive.

Daniel: Okay. I thought it'd be way more expensive than that.

Max: No, I mean you can buy like a Cessna 150 little thing for \$40,000, \$50,000.

Daniel: Okay. Was it scary at all? The training?

Max: No, the training is not that scary. Santa Monica is a very calm place to learn how to fly. I grew up in the mountains and in Colorado, most of the flying that I did as a passenger when I was growing up which was in small airplanes in the mountains, which is different because it's very rough. There's a lot of bouncing around and a lot of turbulence. The actual flying of an airplane is about 5 to 10% of what you learn when you learn how to fly.

Daniel: What's the, I mean, what are-

Max: The rest of it is whether it's air spaces, which means there are these sort of vast environments right above our head that we don't know about that are sort of virtual. They're almost like virtual geographies of aerospace where you're allowed to do a certain thing, at a certain speed, at a certain altitude. It's all a way of controlling and managing the airplanes in and out of environments.

Daniel: Okay. I'm wondering if it's kind of like driving where you get really comfortable after a while where you barely notice, it doesn't feel as difficult?

Max: Yeah. Yeah. Flying, you log every flight that you take. We don't log our time in cars going to the grocery store. But every time you get out of an airplane, you log exactly the amount of time that you were in that plane. So you always know how long, how many hours you have. People with tens of thousands of hours or thousands into the tens of thousands of hours, I'm sure airplane feels like an extension of their body.

Daniel: When you're-

Max: I never got quite there, but-

Daniel: You never got quite there?

Max: But I felt that I got to where I felt comfortable.

Daniel: Okay. Before we started recording, you were saying you did have a little bit of a fear around flying, that that's what makes it fun. Can you tell me more about that?

Max: Yeah, I think anything that is truly fun or feels like worth doing has a small element of danger to it, probably.

Daniel: A little thrill. Yeah. Thrill seeking.

Max: Yeah. Flying small airplanes is very different than the experience and the sensations of getting on a big jet liner.

Daniel: Okay.

Max: Which is a pretty stable platform. Planes don't just fall out of the sky. I mean, crashes are almost always bad landings. Air is water when you're moving that. It's a fluid when you're moving that fast through it. So flying is more akin really to sailing than any notion of you being up in this sort of empty space because when you're moving through air that quickly, the air on the surfaces of the airplane, it's similar to water on the hull of a boat.

Daniel: That sounds way nicer than how I imagine it in my head.

Max: Yeah. If you think of yourself when you're up there, you look down out of an airplane, and you'd see only the distance between yourself and the ground, there's nothing between you.

Daniel: Yeah.

Max: But in reality, at the speed that you're going, it's no different than there being an ocean around you. So maybe that's a trick you can play on yourself.

Daniel: Yeah, yeah. No, I think that's a great tip. I mean, you're still here.

Max: I'm still here and so are my dogs. I've got two dogs that have been in two plane crashes with me, a Chihuahua and a terrier.

Daniel: For some reason, that's comforting to me as well, that little dogs can come in for a fun flight with you.

Max: Yeah, and my terrier loved it, absolutely loved it. She thought it was hilarious.

Daniel: I had been on a small plane maybe once or twice. I found it, I'd say probably 20 times more terrifying than a commercial plane because of how much it moved up and down. I noticed that the pilot was just unmoved. So the turbulence must be so much bigger or is it just the-

Max: Well, you are in a smaller vehicle. It weighs less and it's like being on a wave. If you're in a huge boat, a huge oil tanker, you're not going to feel a 20-foot wave. But if you're in a dinghy, you're going to be throwing up everywhere.

Daniel: Right.

Max: Yeah.

Daniel: There was only eight of us there, but there was most of us screaming every time it would take giant drops. But there's also no audio for the pilot to be like, "You're okay." Because there's no audio at all, right? There's no PA system?

Max: That's a pilot with a bad sense of humor.

Daniel: Okay.

Max: There generally is even in the smallest planes. There's also turning around and telling everybody, "It's okay."

Daniel: Okay. No, nobody was getting any of that.

Max: Nobody was doing any of that?

Daniel: There was one lady who I swear kept yelling, "We're going to die." I was like, "Okay."

Max: No. Like I said, it's like fluid. So at that point, it's like a wave.

Daniel: Right.

Max: Boats can handle a wave, planes can handle waves.

Daniel: Does it feel different being in control of the plane than being in the passenger side of it then?

Max: Yeah. I think it's similar to a car that if you're driving, I get violently car sick as a passenger. I never do driving. I think there's probably similar, well because I can't like knock anybody out of the way and take control.

Daniel: Okay, so there is like a control element.

Max: Yeah, totally.

Daniel: Okay.

Max: Commercial airline travel is astonishingly safe. Pretty much staying in bed is about the only thing you can do that's really safer than that. It's kind of incredible how safe it is.

Daniel: Do you then feel nothing when turbulence happens on a commercial flight?

Max: No, no. Because again, I grew up in the mountains in Colorado. The approach into our town is often really, really turbulent and really violent. I've been flying in and out my whole life. So I was a little kid bouncing around, so I don't get afraid at all.

Max: It sometimes gives me pleasure watching people around me freak out. No. The only time I ever afraid of flying is when sort of weird dark nights of the soul beforehand, thinking about leaving, flying off places, and probably less to do with flying than it is leaving home. But when I'm actually on an airplane, I'm never afraid. You're probably more likely to die in the tub.

Daniel: That seems fine to me though. Nice and warm.

Max: Yeah. I think I have on airplanes sort of tried to sooth. I'm not always just sitting there laughing at people terrified of turbulence. I've told people, "It's okay, this is normal flying in very bad weather." Yeah. I'm not a sociopath.

Daniel: I think sometimes that's all I need is somebody to literally just say, "Oh, this is normal." But no one says it because no-

Max: Well the-

Daniel: During the-

Max: What is outside of your experience in flying while still remaining normal and safe, there's such a wide variety of possible things that can happen perfectly safely in an airplane that if they were to happen, you would think you were dying. For instance, a huge part of training is learning what to do when the plane stalls. What the plan stalling means is that the wings can basically no longer generate draft. That happens when you slow down to a certain degree. Then it's kind of technical language, but the angle of attack of the wing, how the wing is going through air can no longer sustain the plane. Right?

Max: So part of your training is that you go out over the ocean or an unpopulated place. You get the plane into situations where that happens. So all of a sudden, you're pulling back and pulling back, and you cut off the power of the airplane. You keep pulling back and pulling back until you just literally can't fly anymore. Then the nose goes straight down to the ground, and you're flying straight down into the ground. All you got to do is pull back, and that's it. That's the end of the-

Daniel: That corrects the ...

Max: That corrects the thing. But for the human body to feel the feelings of doing that is pretty much dramatic when it's not used to it. So it can be scary.

Daniel: Just you describing it gave me like a panic attack.

Max: Well, then much worse are spins, which is when you go up and do that, you go up and stall the plane. Instead of stalling the plane going straight, you basically kick it out. We've all seen Top Gun and stuff where they have spins they can't get out of. It's literally the airplane is like falling sideways through the air and spinning like a shot duck or something or like a paper airplane just spinning towards the ground. Then you have to recover out of that. That's a whole different deal because I get sort of vertigo a bit. Not when I'm flying, but when I'm at the top of tall stairs and stuff. But when you start spinning like that out of the air in an airplane, that's exciting. That's scary.

Daniel: Yeah.

Max: Yeah. But there's guys, flight instructors go up and do that 20 times a day, everyday of their lives for 60 years.

Daniel: Right.

Max: That's how safe it is. So ...

Daniel: Yeah.

Daniel: Thank you so much for joining us on the podcast and helping us understand a bit more about flying.

Max: You're welcome.

Daniel: I'm Afraid That is produced by me, Daniel Zomparelli, Gabe Liedman and Little Everywhere. If you have a fear you'd like to hear on the show, please share with us that ImAfraidThat.com where you can get more info on the guests and experts. That's ImAfraidThat.com. If you enjoyed the podcast, please subscribe, review and share. It helps other people find the show. Thank you for listening.