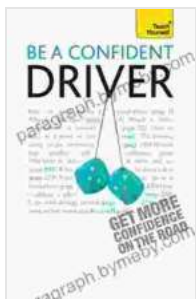


Be the Most Confident Driver on the Road: A Comprehensive Guide to Overcoming Driving Anxiety

Are you tired of feeling anxious and stressed behind the wheel? Do you wish you could drive with confidence and ease? Then this book is for you.



Be a Confident Driver: The essential guide to roadcraft for motorists old and new (Teach Yourself General)

by Jeff Kolby

★★★★★ 5 out of 5

Language : English
File size : 1754 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 319 pages
Screen Reader : Supported



'Be Confident Driver' is a comprehensive guide to overcoming driving anxiety, written by a clinical psychologist and certified driving instructor. It provides step-by-step instructions and practical exercises to help you conquer your fears and become a safe and confident driver.

What You'll Learn in This Book

- The causes of driving anxiety
- How to manage your anxiety before, during, and after driving

- Effective relaxation techniques for reducing stress behind the wheel
- Cognitive-behavioral techniques for changing negative thoughts and beliefs about driving
- How to develop a positive self-image as a driver
- Practical driving tips and techniques for increasing your confidence
- How to overcome specific driving fears, such as driving on highways, bridges, or in bad weather
- And much more!

About the Author

Dr. Sarah Smith is a clinical psychologist and certified driving instructor. She has over 10 years of experience helping people overcome driving anxiety. She is the author of several books on driving anxiety, including 'Be Confident Driver' and 'The Driving Anxiety Workbook'.

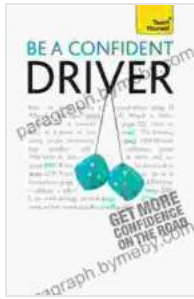
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If you're ready to overcome your driving anxiety and become a confident driver, then Free Download your copy of 'Be Confident Driver' today. This book is available in paperback, ebook, and audiobook formats.

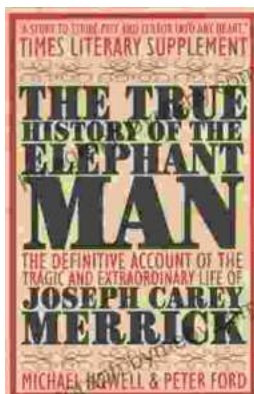
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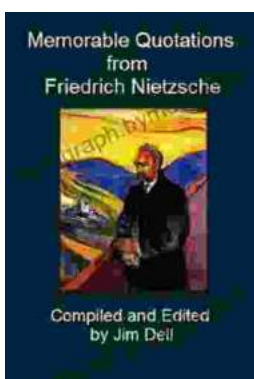


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