Google Drive



How to Successfully Treat and Overcome Driving Phobia by Yourself

Mike Weatherstone

Download now

Click here if your download doesn"t start automatically

How to Successfully Treat and Overcome Driving Phobia by Yourself

Mike Weatherstone

How to Successfully Treat and Overcome Driving Phobia by Yourself Mike Weatherstone
ABOUT SELF-HELP BOOKS FOR PHOBIA

Before you buy a book about driving phobia, you need to consider the following:

• Is the author qualified to write to on the subject, or is he or she spouting some "I had a phobia and cured it myself" philosophy or some other un-tested pet "quack" theory? There are plenty of books of that type around, and they may be cheap, but will they help?

• Does the author have solid years of practical experience of treating people with driving phobia - for example, actually "on-the-road" sitting alongside them?

• Is the author skilled and certificated in police advanced and defensive driving techniques as well as qualified in cognitive behavioural therapy?

• Is the book written in brief, non-technical terms which the sufferer can understand and easily refer to?

If this is what you need then this book ticks all the boxes.....

ABOUT THE AUTHOR

Mike Weatherstone is a highly trained British ex-police traffic department advanced driver, a RoSPA "Gold" award winner and a qualified cognitive behavioural therapist specialising in driving-related fear. He has helped many people on his one-day practical "on-the-road" CBT and defensive driving courses to overcome their fear and drive happily again anywhere.

Through his company Drivexcel he is also a professional car, van and truck driver risk assessor for employers, including government departments, national and international companies and charities. He is a heavy goods vehicle Class 1 licence holder experienced in wide loads and a qualified international transport manager. He has spoken on driving-related fear on BBC radio, gives seminars on defensive driving and driving phobia and is often consulted by TV production companies making documentaries and TV series.

ABOUT THE BOOK

Is it really driving phobia or merely poor technique which puts you in danger and causes you fear? Whatever it is, clearly something is wrong as you are afraid to drive, but it's time-consuming, usually very expensive and invariably futile to try to treat the wrong problem!

Many clients the author has helped to drive again have been convinced they have a driving phobia, only to find very quickly they have nothing of the kind. In fact around 50% of those he treats do NOT have a phobia at all, but a genuine fear of driving caused by something else entirely. Fix that and the fear almost immediately disappears.

A fear is not the same as a phobia and treating one will not cure the other. The proof is that many clients Mike sees have spent years undergoing various types of expensive therapy without success - completely predictable in most cases as they were treating a problem which simply didn't exist. “How To Successfully Treat and Overcome Driving Phobia by Yourself” will show you how to tell the essential differences, effectively treat the REAL problem - whether phobia or not - and enjoy driving again within days.

The book is kept deliberately brief and sharp and is designed as a quick reference guide. It is NOT a major work on cognitive behavioural therapy and was never intended to be. It is written to explain what a phobia is, how you can tell whether you have one and how to cure it yourself without the huge cost of regular CBT sessions, which will probably not help as the therapist will never see you drive!

Written in a friendly, relaxed style, this book will show you how to design and implement your own cognitive behavioural therapy program to restore your confidence in easy, step-by-step stages. You will learn the secrets of police advanced and defensive driving techniques, how to avoid accidents by properly reading the road around you and building a “defensive box” to keep you safe.

Please leave review for my book - it will be very welcome

Download How to Successfully Treat and Overcome Driving Pho ...pdf

Read Online How to Successfully Treat and Overcome Driving P ...pdf

Download and Read Free Online How to Successfully Treat and Overcome Driving Phobia by Yourself Mike Weatherstone

---

From reader reviews:

Bernice Hicks:

What do you ponder on book? It is just for students because they're still students or that for all people in the world, exactly what the best subject for that? Only you can be answered for that concern above. Every person has several personality and hobby for every other. Don't to be compelled someone or something that they don't desire do that. You must know how great and also important the book How to Successfully Treat and Overcome Driving Phobia by Yourself. All type of book would you see on many methods. You can look for the internet sources or other social media.

John Harrison:

Do you have something that that suits you such as book? The publication lovers usually prefer to choose book like comic, brief story and the biggest an example may be novel. Now, why not striving How to Successfully Treat and Overcome Driving Phobia by Yourself that give your satisfaction preference will be satisfied by means of reading this book. Reading practice all over the world can be said as the method for people to know world much better then how they react to the world. It can't be claimed constantly that reading habit only for the geeky person but for all of you who wants to possibly be success person. So , for all you who want to start studying as your good habit, you may pick How to Successfully Treat and Overcome Driving Phobia by Yourself become your own starter.

Richard Rodriguez:

E-book is one of source of information. We can add our expertise from it. Not only for students but native or citizen require book to know the upgrade information of year in order to year. As we know those ebooks have many advantages. Beside we add our knowledge, can bring us to around the world. By the book How to Successfully Treat and Overcome Driving Phobia by Yourself we can take more advantage. Don't you to definitely be creative people? Being creative person must prefer to read a book. Just choose the best book that acceptable with your aim. Don't end up being doubt to change your life at this book How to Successfully Treat and Overcome Driving Phobia by Yourself. You can more pleasing than now.

Dwight Hancock:

Reading a guide make you to get more knowledge from it. You can take knowledge and information from a book. Book is written or printed or highlighted from each source which filled update of news. In this modern era like today, many ways to get information are available for a person. From media social like newspaper, magazines, science publication, encyclopedia, reference book, fresh and comic. You can add your knowledge by that book. Isn't it time to spend your spare time to open your book? Or just seeking the How to Successfully Treat and Overcome Driving Phobia by Yourself when you essential it?

Download and Read Online How to Successfully Treat and Overcome Driving Phobia by Yourself Mike Weatherstone #UKJH2C5N978

Read How to Successfully Treat and Overcome Driving Phobia by Yourself by Mike Weatherstone for online ebook

How to Successfully Treat and Overcome Driving Phobia by Yourself by Mike Weatherstone Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read How to Successfully Treat and Overcome Driving Phobia by Yourself by Mike Weatherstone books to read online.

Online How to Successfully Treat and Overcome Driving Phobia by Yourself by Mike Weatherstone ebook PDF download

How to Successfully Treat and Overcome Driving Phobia by Yourself by Mike Weatherstone Doc

How to Successfully Treat and Overcome Driving Phobia by Yourself by Mike Weatherstone Mobipocket

How to Successfully Treat and Overcome Driving Phobia by Yourself by Mike Weatherstone EPub