

How to Overcome Fear of Driving: The Road to Driving Confidence

By Joanne Mallon

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How to Overcome Fear of Driving: The Road to Driving Confidence By Joanne Mallon

'How to overcome fear of driving' is an enlightening and practical book for anyone experiencing any degree of fear of driving. Whether you don't drive at all and can barely look at a car, or if you drive sporadically and only when you have to, or even if you drive every day but still don't like doing so - then this is the book for you. You may feel that you have a phobia, a deeply held fear or simply a niggling sense of unease that you want to conquer. This is a book for anyone who wants to step away from any fear of driving and towards becoming a confident driver instead. The author is a former driving phobic who avoided driving for seven years but is now happily back on the roads and wants to help you get there too. It includes advice from many world-renowned professionals working with people with driving phobia and brings together all their combined knowledge of what will conquer this fear. It contains practical exercises you can do from home and a guided plan to get you driving again. With the advice, understanding and practical exercises in this book, you can start your journey towards driving confidence. OUTSTANDING FEATURES: * written by a recovered driving phobic who knows what you are going through * features the most up to date research on driving fear * includes advice from a wide range of leading therapists and experts in driving phobia * includes practical exercises, many of which can be done without leaving your home * part of the royalties from the sale of this book are donated to a charity.

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How to Overcome Fear of Driving: The Road to Driving Confidence By Joanne Mallon Bibliography

- Sales Rank: #396179 in Books
- Brand: Brand: Nell James Publishers
- Published on: 2012-11-12
- Original language: English
- Number of items: 1
- Dimensions: 7.99" h x .36" w x 5.00" l, .38 pounds
- Binding: Paperback
- 154 pages

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Editorial Review

Review
Featured in the Daily Telegraph and Prima magazine. 'I would recommend this book. [This book] helps you to realise how common the fear of driving is, no matter what your age or experience behind the wheel and provides a step-by-step guide to overcoming your fear, from getting used to being in the car, to what can you do to prevent anxiety building up when you are driving. The stories of others who have successfully dealt with their fear are very inspiring. You will feel a sense of relief when you read about many other people who have had the same thoughts and feelings as you.' ANXIETY UK (Anxious Times, Summer, 2013) 'A helpful and accessible book that I would recommend to anyone who has a fear of driving' BRITISH SOCIETY OF CLINICAL & ACADEMIC HYPNOSIS

About the Author
The author, Joanne Mallon, is a recovered driving phobic who did not drive for seven years and therefore understands greatly what a person with a fear of driving is going through. Combining this personal experience with her professional position as a life coach, Joanne has written this enlightening self help book with genuine warmth, professional advice and practical exercises that can even be done at home. Part of the royalties from the sale of this book are donated to charity.

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