



# How to Successfully Treat and Overcome Driving Phobia by Yourself

*Mike Weatherstone*

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### 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.

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In this era which is the greater individual or who has ability in doing something more are more treasured than other. Do you want to become one of it? It is just simple approach to have that. What you should do is just spending your time little but quite enough to possess a look at some books. One of many books in the top checklist in your reading list is actually How to Successfully Treat and Overcome Driving Phobia by Yourself. This book that is certainly qualified as The Hungry Mountains can get you closer in growing to be precious person. By looking upward and review this publication you can get many advantages.

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