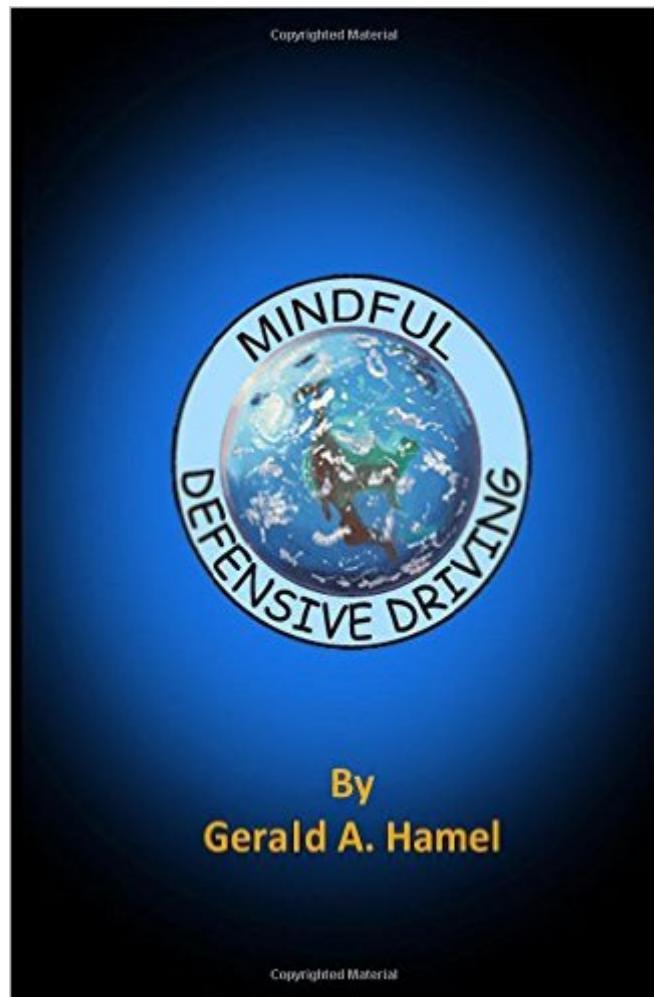


The book was found

# Mindful Defensive Driving



## **Synopsis**

Save Lives; Protect yourself and others, and save time and money. This retired Administrative Law Judge (Hearing Officer) from the Driver's Safety Division of DMV and current Defensive Driving Instructor with over 30 years of teaching experience presents his method of teaching Defensive Driving with humor with an emphasis on Mindfulness. Learn the procedures and visual skills necessary to belong to a unique group of motor vehicle operators that choose to become the Best Driver's on the road, protect yourself and others and save time and money. Exercises on how to cultivate mindfulness and selected stores from teaching traffic school are included.

## **Book Information**

Paperback: 56 pages

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Product Dimensions: 5.5 x 0.1 x 8.5 inches

Shipping Weight: 4.3 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,248,468 in Books (See Top 100 in Books) #154 inÂ Books > Education & Teaching > Test Preparation > Driver's Education #6335 inÂ Books > Engineering & Transportation > Automotive #12365 inÂ Books > Engineering & Transportation > Transportation

## **Customer Reviews**

I bought this book for a friend because, although he is a very nice person, he speeds everywhere he goes; tailgates; is always braking; uses his acceleration and brake pedals as if they are on/off switches; zigzags through traffic (and claims to be a "safe zigzagger"); goes up to STOP signs at higher than lower speeds; rolls through STOP signs; and much much more. I could go on and on. The most disconcerting thing about it is that he thinks that safe drivers are slow and hazardous drivers; and that HE is the safe driver. It appears, too, that most of the drivers in my area , think and drive the same way he does! I love this book. It is short and simple but says more than a thousand pages could say. I am going to post in my neighborhood website, that everyone should read this book. We really REALLY need it here. One thing though: Mr. Hamel, can you please PLEASE have this book translated into Spanish so I can share with the 85-90% population of my neighbors? I am very surprised that I am the only reviewer but then again, I can just go out for a drive to the market,

bank, or to drop the kids off at school and I can see why I'm the only one.

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