



"The Art of Defensive Driving" by Mike Weatherstone is a book written for the non-expert with one aim in mind - to make the reader much safer on the road. As a highly trained ex-police traffic officer, qualified CBT therapist specialising in driving-related phobia and professional driver risk assessor and defensive driver trainer for large national employers, the author shows HOW to adapt your driving to reduce risk. He also explains WHY the techniques he describes are so effective. Packed with simple but life-saving tips and many photographs showing actual situations, this book could quite literally save your life.

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