



NLP for Young Drivers

Judy Bartkowiak

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Anyone willing to improve their driving skills deserves respect. Even successful racing drivers continue to train and never claim they are the best they can ever be. This book will show you how NLP can improve your driving and introduce you to skills that will - Build rapport with your car so that you work in partnership with it - Build concentration and conquer the effects of tiredness for long journeys - Show you how to take the positive learning from dangerous driving situations - Overcome your fear of driving; e.g. at night, motorways, city centres, abroad - Give you techniques to control your emotional state when driving - Show you how to model driving excellence.

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