



# The Mindful Driver: Using Mindfulness Techniques to Help Overcome Driving Anxiety

*Danielle Hudson*

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## **The Mindful Driver: Using Mindfulness Techniques to Help Overcome Driving Anxiety** Danielle Hudson

Are you troubled by your fear of driving? Overcoming Driving Anxiety can change your life... Driving anxiety is completely normal and is the MOST COMMON phobia. However, you can learn to keep your fear from turning into panic. You don't need to live in fear and isolation. Utilizing techniques from mindfulness and meditation can help you gain control of your life again. This easy to read guide will help you to overcome and face your fear of driving and provide you with useful information including • Understanding the fear factor, phobias and their origins • Symptoms of driving anxiety • An introduction to utilising mindfulness techniques • Anti-anxiety strategies for phobias and panic attacks • Driving anxiety tips and relaxation techniques • Confidence boosting tips • Introduction to desensitization techniques • Mediation and anxiety “This book is a great introduction to driving anxiety and how to use mindfulness techniques. I cannot believe I am back on the road, calm and collected after 7 years. I truly feel free. This is just a basic introduction, however it spurred me on to join a local meditation class and I now use mindfulness techniques in my everyday life.” Julie Bolton

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