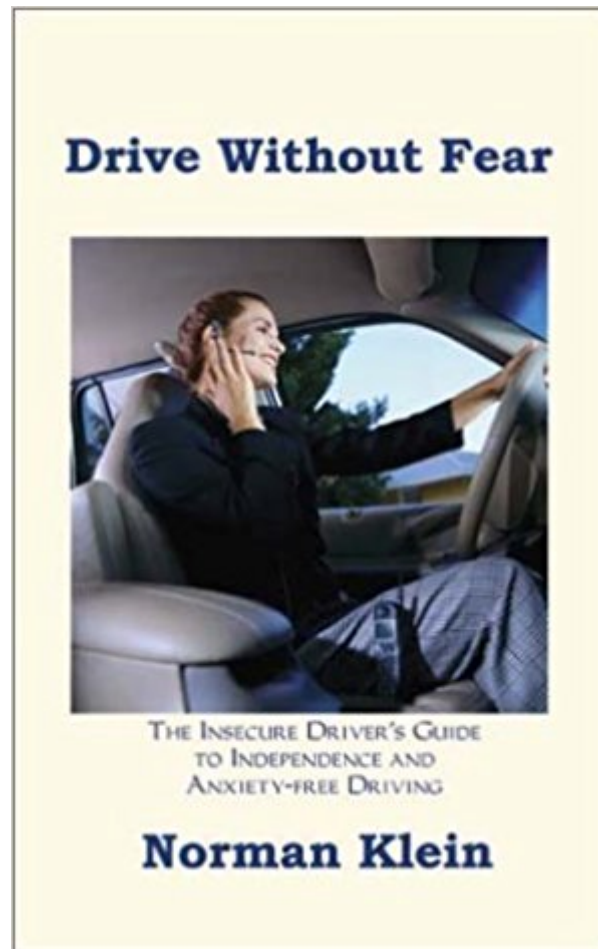




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Drive Without Fear: The Insecure Driver's Guide To Independence



Synopsis

"Drive Without Fear" is the culmination of 36 years devoted to helping frustrated people overcome their fear of driving. It is unique in that it is written to help those afraid to drive address their fears as no other book does.

Book Information

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Customer Reviews

For all others, it does almost no good. Okay, a little background: I'm in my mid 30s and have never driven due to having lived in actual cities for most of my life. I had no desire to drive, most of my friends did not drive, and driving was viewed as little more than an expense which was unnecessary when one has public transport. Fast forward until a few years ago when my husband and I moved to the American South where unless one has a car, he/she is house bound. There is no viable public transport, and many neighbourhoods are actually built with no sidewalks since the only walking anyone does is to their homes when they park their cars. So in order to attempt to function in this society, I am trying to learn to drive. Okay, so back to the book. The author seems to think that driving is the best thing ever and if you don't see that, you're lazy, co-dependent, or an old woman stuck in her ways. He believes that most people are afraid to drive because they cannot steer, and he dismisses driving phobias with a few platitudes and doesn't try to understand why some people might have issues with driving. I have severe panic attacks when I drive. Yes, I can steer fine and I pay attention on the road. However, I have no peripheral vision and having to focus on a billion things at once causes severe anxiety, especially since so many morons think that it's fine to text or chat while driving and do not seem to care if they cripple/kill you and your family. To this, Klein

would respond, "Well, you ride as a passenger in a car. You could be killed or crippled doing that." Yeah, but I wouldn't be partly responsible. Many of us can't handle that weight upon our heads, and it freaks us out. So, to close, this may be a great book if your issue is steering (he has entire chapters on steering), or if you want a pep talk on how awesome driving is and how it's your key to independence. Many of his stories focused on elderly widows (I guess their adult kids forced them to take lessons with Klein so they could stop driving their mums about), but I didn't find that sexist. It was what it was. If you're a modern 21st century woman who has done everything for herself and can't relate, mazel tov. You're not Klein's core audience. I think this book will serve as a decent supplement to intense driving lessons for people who REALLY want to drive and are just having a few minor issues/fears. Anyone like myself who isn't deeply invested in learning to drive, has severe phobias, and/or vision problems might not get too much out of this.

I'm 22 years old and I've always had a terrible fear of driving. I got my license at the age of 18 but stopped driving after that because I was so anxious. This book helped give me the confidence I needed to start trying again! I really loved how it taught things such as visual cues for knowing that you're staying in your lane, turning properly, parking correctly, etc. Recently my parents went to visit family in another state while I had to stay at home because of work. Well.. that meant I had to drive myself to work! Because of this book, I was able to practice with my mom a few times before she left, and I can proudly say that I finally drove to and from work last night all on my own! I believe that I just took my first step towards becoming a confident driver. I'm very grateful for this book!

The best thing about this book is that it is very encouraging to fearful drivers. Its message is that you can be happy just being a neighborhood driver, and if careful, you will probably never have an accident near your own neighborhood. This is very good news, however, I'm not so sure how true it is, considering the number of teenagers getting into accidents in my neighborhood. I am a careful driver, but if a maniac teenager hits me, I will get into an accident anyway. The other great thing about the book is its tips for preventing accidents, such as stopping is not always the right thing to do, look in the mirror often, put your car over the black shadow on the road to stay in your lane, etc. From my experience driving with an instructor for over 40 hours, Mr. Klein's tips are valid and useful, and include mistakes I've made. However, his section on steering really confused me. You cannot learn to steer from a book. You need to feel the car and drive to learn to steer. Overall, I am happy with the book's message that I can drive if I tried.

To all the people here who have either a fear of driving, or who have had bad experiences with the driving exam -- you are not alone. Klein's book is a good companion in guiding you through your fear and boosting your confidence because he is talking to you on your level. I still have anticipatory anxiety before I have to get in the car but remind myself of this book and its methods. I know that I can do it each day, even if it is for a short drive. His writing style is humorous and it is always encouraging. I agree with the reviewer to deal with positive people. Don't let negative ideas or people stop you in your goal, deal with decent, encouraging people who will teach you where you need to improve and not defeat your confidence. Drivers who chide people who can't drive can often increase the fear -- many times I've heard: "if you don't drive, there must be something wrong with you". This is a criticism and judgement upon me without understanding my fear of driving. I can be a competent driver, but I have a fear, you see. I am a good sport but inwardly my fears and anguish are magnified. Any bad experience, whether angry criticisms or an unfair examiner can be a setback for all of us; your resolve will determine how soon you get back on the road. I can't stress it enough that you need to align yourself with supportive cast. Be aware that not all criticisms are constructive nor the last word. Practice with a different instructor, or take the test with a different examiner. It will boost your confidence many times over once you discover you are making strides to becoming a confident driver! I use supplementary literature when I have more specific concerns about road rules. I would recommend in addition to Klein's book, the book from the Alliance of Safe Driving called "License to Drive". Also the student manual from the AAA Driver Improvement Program called "Managing Visibility, Time, & Space". The latter two titles have excellent narrative and illustrative descriptions.

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