

Road Rage and Aggressive Driving: Steering Clear of Highway Warfare



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ROAD RAGE AND AGGRESSIVE DRIVING: STEERING CLEAR OF HIGHWAY WARFARE

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Prometheus Books. Paperback. Book Condition: new. BRAND NEW, Road Rage and Aggressive Driving: Steering Clear of Highway Warfare, Leon James, Diane Nahl, Do you drive with stress and frustration? Do you frequently complain about other drivers or get involved in hostile interactions with other motorists? Are you afraid for your teenage drivers in this climate of highway warfare? We are in the midst of an escalating epidemic of aggressive driving, which eats up 250 billion dollars a year in economic cost and causes the misery associated with 6 million injuries every year. Now the government has declared war on road rage with tough new laws that can land people in jail for behaviours they are used to doing every day. Traffic psychology educators Dr Leon James and Dr Diane Nahl trace the aggressive driving problem to its roots in childhood when child passengers imbibe their parents' aggressiveness towards other motorists and their cynicism towards regulations and the law. By the time teenagers begin to drive they have been exposed to years of media portrayals of the fun and excitement of aggressive driving with no serious consequences. The authors argue that road rage and aggressive driving are common traffic emotions experienced by the vast majority of drivers. This authoritative book - the first to synthesise the subject of aggressive driving - presents conclusions of recent studies, highlights citizen activism, and summarises legislative and police initiatives. Besides vivid anecdotal evidence and personal stories of typical road rage incidents that we have all experienced, James and Nahl present self-tests that readers can use to estimate their own road rage tendency, and they prescribe activities to help every driver learn self-improvement and self-awareness skills behind the wheel. The authors outline their innovative three-step program to help people transform themselves from aggressive to supportive drivers. This book redefines driver...

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