



Road Rage to Road-Wise

John A. Larson, Carol Rodriguez

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Dr. John Larson, a stress medicine specialist, discovered that many of his heart attack patients were literally driving themselves to death--because they got so angry behind the wheel.

Dr. Larson's simple program eliminates "road rage" by reducing stress. The book outlines the Five Stressful Driver Beliefs and offers simple, easy-to-follow strategies that replace them with stress-free approaches. Aggressive drivers who have followed this program become less angry and find that they enjoy driving more.

The foreword is written by David Willis, President of the AAA Foundation for Traffic Safety. This book is essential reading for stressed-out drivers--and their passengers.

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