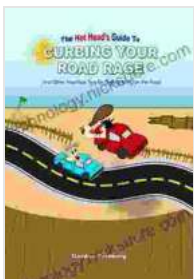


# Quick Witty Self Help: Look at How We Drive! From a Hothead's Point of View

We've all been there. You're driving down the road, minding your own business, when some idiot cuts you off. You lay on the horn, shake your fist, and maybe even scream a few choice words. But what good does that do? It doesn't change the fact that you're now late for work. And it doesn't make you feel any better.

The next time you find yourself in a similar situation, try taking a deep breath and counting to ten. It may sound silly, but it can actually help you calm down and avoid making a mistake you'll regret.



## Curbing Your Road Rage and Other Important Tips for Getting Along on the Road: A quick, witty, self-help-look at how we drive...from a Hot Head's point of view.

by Gordon Feinberg

★★★★☆ 4.7 out of 5

Language : English  
File size : 3731 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 45 pages



If you're still feeling angry, try to put yourself in the other driver's shoes. Maybe they didn't see you. Maybe they're having a bad day. Whatever the

reason, it's not worth getting yourself worked up over it.

The truth is, we all make mistakes when we're driving. The important thing is to learn from them and move on. So next time you find yourself getting angry behind the wheel, take a deep breath, count to ten, and try to see things from the other driver's perspective. You may be surprised at how much better you feel.

### **Here are a few more tips for staying calm while driving:**

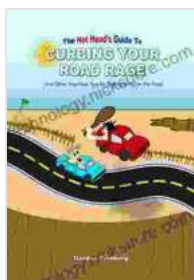
- Listen to calming music
- Avoid driving when you're tired or stressed
- Take breaks if you're driving for long periods of time
- Be aware of your surroundings
- Anticipate other drivers' behavior

By following these tips, you can help yourself stay calm and safe while driving. And who knows, you may even find yourself enjoying the drive more.

### **Additional benefits of staying calm while driving:**

- Reduced stress levels
- Improved mood
- Increased safety
- Better fuel efficiency
- Fewer accidents

So next time you're feeling angry behind the wheel, take a deep breath and remember these tips. You'll be glad you did.

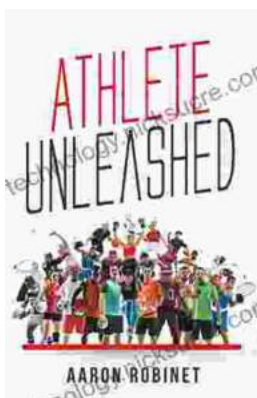


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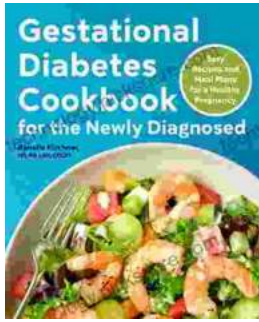
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