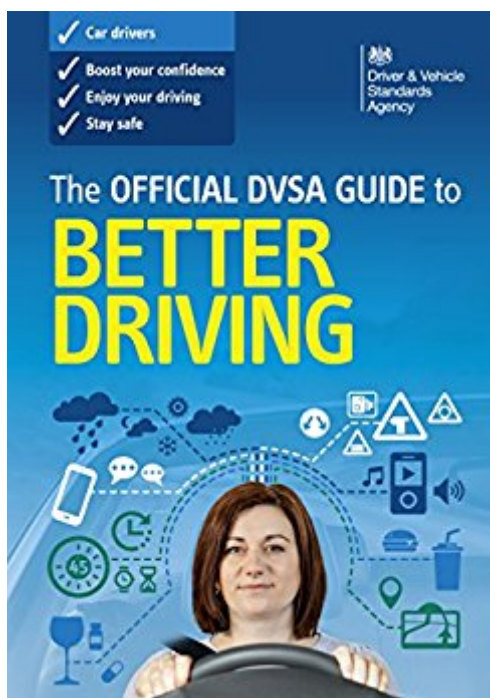


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# The Official DVSA Guide To Better Driving



## Synopsis

Does driving ever make you feel nervous, anxious or angry? Do you get frustrated with other road users? Do you want to know how you can beat stress and enjoy your driving? If so, you'll find Better Driving packed with practical strategies to help. This official DVSA guide will give you the tools you need to drive with confidence. Find out how to

- Enjoy your driving
- Advice on coping with everyday situations such as roundabouts, motorways, junctions and bad weather
- Stay safe
- Manage your attitude and behaviour so that you can reduce risk and deal with distractions
- Boost your confidence
- Quizzes, tips and scenarios to help you overcome your driving anxieties
- Stay legal

up-to-date information on the latest rules of the road, including speed limits, drink and drug driving, mobile phones and the law

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