

Book Offers New Perspective on the Distracted-Driving Issue with Life Saving Ideas from Scientists and Top Driving Instructors

CHAPEL HILL, NC – June 15 (SEND2PRESS NEWSWIRE) – Know a distracted driver... chatting on a cell phone, eating a fast food meal, or reaching into the back seat to deal with kids? Recommending “Disciplined Attention: How to Improve Your Visual Attention When You Drive” (ISBN: 0-942267-29-X) from Profile Press could save their life (www.disciplined-attention.com).



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Photo Caption: Book jacket for “Disciplined Attention, An Educational Tool for the Distracted Driver” – (c) Profile Press.

Driver-safety experts say that distracted driving can be effectively addressed only by a national campaign of education, legislation and publicity similar to that against drunk driving. This book, drawn from police driver training, offers a simple solution.

Everyone knows that visual attention is our most important crash guard, but few know the steps to improve it. In *Disciplined Attention* the reader progresses through 4 stages of attention development with 10 simple exercises that become part of everyday driving habits.

The book teaches, step by step, how to see the road as professional drivers do and outlines specific exercises to cut the cost of distracted driving. It addresses how basic perceptual processes are challenged when we drive. Target fixation and tunnel vision, life threatening primitive mechanisms, increase when we're distracted. The book offers scientific advice on how to counteract these deadly reactions. The reader learns to scan proficiently and discovers the hidden cost of road rage and aggressive driving.

This book is ideal for police, firefighter and EMT training, parents and teens, older drivers, fleet safety programs and motorcycle safety courses.

ABOUT THE AUTHOR

Kenneth C. Mills Ph.D. is a psychologist/scientist who develops simulations and training programs for professional drivers. After interviews with top driving instructors around the U.S., he realized that their knowledge on how to see the road, when combined with current science, could be valuable to the average driver. Dr. Mills also conducts seminars for corporate and police driving groups.

BOOK SUMMARY

Title: Disciplined Attention: How to Improve Your Visual Attention When You Drive

Author: Kenneth C. Mills, Ph.D.

Publisher: Profile Press 2005

ISBN: 0-942267-29-X

6" X 9" hardcover, printed case, 175 pp., 86 references, index, \$29.95

The book is available online at disciplined-attention.com, amazon.com or Profile Press (919) 967-9400.

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