

Drive Aware

Gerald A. Hamel

Drive Aware: Promoting Driving Awareness in Ireland Sean O'Connor,2023-11-01 Safer roads for a safer society - This has been the driving principle behind the ambitious initiative known as the Drive Aware program in Ireland. As the country grapples with the ever-present challenge of road safety, there is a growing recognition of the need to address the root causes of accidents and fatalities on the roads. Impaired, dangerous, and careless driving behaviours account for a significant proportion of road-related tragedies, making it imperative to take proactive measures to promote responsible driving. This book delves into the realm of driving awareness in Ireland and explores the Drive Aware program, an innovative and comprehensive initiative designed to foster positive changes in attitudes and behaviours related to alcohol and drug usage, dangerous driving, and carelessness behind the wheel.

The Conscious Driver Mark Haberstroh,2019-01-14 The Conscious Driver provides you with something of great practical value for life. Learn how to overcome distractions while driving your vehicle and enjoy the experience without the stress that invariably accompanies this daily activity. Become a more conscious and skilled driver who possesses the ability to avoid the myriad dangers on the road. Feel the satisfaction as you bring a relaxed and proactive set of skills to the traffic chaos of the driving day. It always feels better when you know what you are doing and that you are doing it well. You might just save a life.

Vehicle Feedback and Driver Situation Awareness Guy H. Walker,Neville A. Stanton,Paul M. Salmon,2018-04-17 A potentially troubling aspect of modern vehicle design - some would argue - is a trend for isolating the driver and reducing vehicle feedback, usually in the name of comfort and refinement but increasingly because of automation. There is little doubt cars have become more civilised over the years, yet despite this, the consequences of driver behaviour remain to a large extent anecdotal. Readers will have heard such anecdotes for themselves. They usually take the form of drivers of a certain age recalling their first cars from the 1970s or 80s, in which doing 70 mph really felt like it. The question is whether such anecdotes actually reflect a bigger, more significant issue that could be better understood. Related questions have been explored in other domains such as aviation, where the change to 'fly-by-wire' did indeed bring about some occasionally serious performance issues that were not anticipated. Despite some clear parallels, automotive systems have been left relatively unstudied. The research described in this book aims to explore precisely these issues from a Human Factors perspective. This means connecting the topics of vehicle feel, vehicle dynamics, and automotive engineering with the latest research on driver situation awareness. The problem is explored experimentally from a variety of theoretical viewpoints but the outcomes are consistently practical. Here we have a promising new avenue along which the driver experience can be enhanced in novel and insightful ways. Tools and templates are provided so that engineers and designers can try different ways to boost vehicle safety, efficiency and enjoyment from a human-centered perspective. Association of American Publishers (AAP) Finalist for the 2019 PROSE Award Features Diagnosis of how vehicle feel impacts driver situation awareness, and how this could aid future vehicle designs Multi-theory approach to driver situation awareness, and how different views of this important concept give rise to different insights Comprehensive analysis of situation awareness in driving, the information requirements of drivers, and how these needs can be supported Practical descriptions of how state-of-science Human Factors methods have been applied in practice

The Mindful Driver Danielle Hudson,2015-07-04 Are you troubled by your fear of driving? Overcoming Driving Anxiety can change your life... Driving anxiety is completely normal and is the MOST COMMON phobia. However, you can learn to keep your fear from turning into panic. You don't need to live in fear and isolation. Utilizing techniques from mindfulness and meditation can help you gain control of your life again. This easy to read guide will help you to overcome and face your fear of driving and provide you with useful information including -Understanding the fear factor, phobias and their origins -Symptoms of driving anxiety -An introduction to utilising mindfulness techniques -Anti-anxiety strategies for phobias and panic attacks -Driving anxiety tips and relaxation techniques -Confidence boosting tips -Introduction to desensitization techniques -Mediation and anxiety This book is a great introduction to driving anxiety and how to use mindfulness techniques. I cannot believe I am back on the road, calm and collected after 7 years. I truly feel free. This is just a basic introduction, however it spurred me on to join a local meditation class and I now use mindfulness techniques in my everyday life. Julie Bolton

Learning to Drive Into the Now Solan McClean,2016-09-06 If you have ever desired to become a more attentive, compassionate, and liberated human being...NOW is the time. In the pages of this book you will learn to overcome your egoic mind patterns, and discover the path to finding your True Self. You will develop a practice of mindful driving in the current moment with dynamic awareness, and reveal the Truth of your Higher Self. By applying the techniques and practices illustrated by Solan McClean in Learning to Drive, you will not only learn to drive with more attention, serenity, and compassion, but you will learn how to use your experiences to transform your life outside of your car. Learning to Drive into the Now: PRND is a great program for those who are new to self discovery, meditation, and practicing mindful awareness. If you've ever tried sitting meditation and couldn't put together a meaningful practice because you didn't have the time, were bored, or didn't feel you were getting results...this is the practice for you! If you already have a meditation practice, you will find Learning to Drive a great addition to your learning library.

Is Driving with a Good Attitude Scan for You? Jim Hamilton,2020-04-10 First, before you start your engine, write down the words, GOOD ATTITUDE SCAN and tape them inside your vehicle, where you can read them, so as to get your mind into the proper safe-driving attitude before starting your vehicle. Older and beginning drivers need to be in a safe-driving mind-set when entering the automated environment. While in the automated environment, people need to be thinking about being aware of the numerous potential vulnerabilities that surround them at the immediate moment! A good message to put on the dashboard would be, Turn off the cell phone. It is now vulnerability count time! Using a safe-driving scan process is a mental awareness necessity while driving; do not start your engine without using it. A person needs to keep a continuous focus relating to the potential vulnerabilities within their driving environment. What will enable the driver to be continually aware will be their thoughts relating to potential vulnerabilities that could occur. Being aware of the potential hazards that could happen will help you to become a better and safer driver.

Staying Alive on the Road Karl Schlimm,2017-11-19 Karl Schlimm's book, Staying Alive on the Road: The Art of Driver Situational Awareness, will help keep you or a loved one alive on the road. It will complement any other driving training you've had. It will help you to be more aware on the road, to drive less distracted, and to make better decisions. This book will also increase your ability to react properly in a crisis and avoid an accident. It is for all drivers - experienced to new. It is for anyone who wants to learn the principles of situational awareness. This book is for mothers and fathers who want their young adults to be safe drivers, as well as for older, experienced drivers, who want to become better drivers - anyone who wants to take the next step to drive with awareness on the road, to enjoy driving more, and to be prepared for potentially deadly crises. Driver's education does not adequately provide a new driver with driving skills necessary to maximize safety and survivability when the worst happens on the road. And all drivers can easily get complacent when driving. There is much valid concern over drunk driving and driving under the influence of other substances. However, distracted driving kills just as easily. This book is about learning how to engage in a high level of situational awareness, or SA, while driving. And it is about the dangers of distraction. As you will see, situational awareness, or awareness of elements in your environment - awareness that is the basis for effective decision making to keep you alive - is the polar opposite of distracted driving. You cannot be distracted and have high SA at the same time. Karl has taken special care to incorporate many of the major concepts of SA from his over 37 years of flying military fighter jets and over a dozen other advanced aircraft. He has directly applied these principles to driving. In fact, he has included many aviation analogies in his book. These principles of SA, once you learn them, can be applied to countless activities that you engage in; activities where, if you do not maintain a high level of SA, then your life could be at risk. Activities such as flying, boating, snowmobiling, even running alone in a park, or walking to your parked car at night. It is never too late to become a better driver. Learning the principles of SA above and beyond what was ever taught in your driver's education program can not only make you a safer driver but can, for the driving enthusiast or purist, make driving more enjoyable as well.

Getting Behind the Wheel R. H. Rademacher,2017-08-18 After drivers training, the education just begins... Learning how to drive can be a very stressful part of any parent's life. But when the drivers training classes are completed. When the student driver has passed all of the criteria

required to receive their driver's license. Are they really prepared for what lies ahead? Even many seasoned drivers can be blindsided when purchasing a vehicle or getting it repaired let alone driving it. Is your new driver fully aware of the implications of driving without insurance or while under the influence of drugs or alcohol? Texting while driving has become a national epidemic claiming far too many lives of our youth. What about the financial obligations of driving? Has the student driver been instructed in this area as well? In a recent survey taken by the author, the top three concerns that parents have with the auto industry and their teen drivers are - the safety of their young drivers, the lack of trust when purchasing a vehicle and the lack of trust when getting it serviced. *Getting Behind the Wheel - What Every Driver Should Know* is a must for anyone who has or is thinking about acquiring and driving a car. It is especially valuable for teenagers who've just gotten their drivers' license, or college students moving a long distance from home - and would go a long way toward allaying parents' concerns in connection with these! While there are many automobile guides available on the market, none combine such material with the sort of practical information *Getting Behind the Wheel* provides, for example, how to identify the best make and model for your needs, how to get the best value from your warranty, how to assess the reliability of a technician and most importantly *Getting Behind the Wheel* stresses the importance of safe driving habits. Given our dependence on our vehicles, and the investment we put into them, an accessible and easy-to-read guide on everything involved in choosing, driving, maintaining and repairing a vehicle would give every driver greater peace of mind when faced with problems, and greater confidence in getting them addressed. *Getting Behind the Wheel - What Every Driver Should Know* provides exactly this. *Getting Behind the Wheel* covers everything from driving responsibly to selecting and buying the vehicle of your dreams to finding that reputable repair shop that you can trust. In an engaging and jargon-free style, it leads the reader through the major aspects of vehicle function and maintenance, giving them a general idea of how things work and what to look out for when things go wrong. Rademacher's more than thirty years of experience working in the vehicle service industry also means that he is able to give drivers many handy pointers on a range of related topics, including what factors to consider when choosing a vehicle, how to find the right repair shop and technician, where to go to find important information, and more. These subjects and more are covered in *Getting Behind the Wheel - What Every Driver Should Know*. Published by Pigeon River Publishing, LLC, Bob Rademacher puts in plain language what it takes to remain safe while driving the roadways and how to avoid the sharks that sometimes roam the auto industry. Traveling our roadways doesn't have to be, or shouldn't be a costly or tragic experience...

Hearings United States. Congress. House,1943

War Bond Government Newspaper Advertising United States. Congress. House. Committee on Ways and Means,1943

Detection and Estimation of Working Memory States and Cognitive Functions Based on Neurophysiological Measures Felix Putze,Christian Mühl,Fabien Lotte,Stephen Fairclough,Christian Herff,2019-02-05 Executive cognitive functions like working memory determine the success or failure of a wide variety of different cognitive tasks, such as problem solving, navigation, or planning. Estimation of constructs like working memory load or memory capacity from neurophysiological or psychophysiological signals would enable adaptive systems to respond to cognitive states experienced by an operator and trigger responses designed to support task performance (e.g. by simplifying the exercises of a tutor system when the subject is overloaded, or by shutting down distractions from the mobile phone). The determination of cognitive states like working memory load is also useful for automated testing/assessment or for usability evaluation. While there exists a large body of research work on neural and physiological correlates of cognitive functions like working memory activity, fewer publications deal with the application of this research with respect to single-trial detection and real-time estimation of cognitive functions in complex, realistic scenarios. Single-trial classifiers based on brain activity measurements such as electroencephalography, functional near-infrared spectroscopy, physiological signals or eye tracking have the potential to classify affective or cognitive states based upon short segments of data. For this purpose, signal processing and machine learning techniques need to be developed and transferred to real-world user interfaces. The goal of this Frontiers Research Topic was to advance the State-of-the-Art in signal-based modeling of cognitive processes. We were especially interested in research towards more complex and realistic study designs, for example collecting data in the wild or investigating the interaction between different cognitive processes or signal modalities. Bringing together many contributions in one format allowed us to look at the state of convergence or diversity regarding concepts, methods, and paradigms.

Rehabilitation in Spinal Cord Injuries Jacqueline E. Reznik,Joshua Simmons,2020-02-01 Specialised chapters about biomechanics, paediatric spinal cord injury and high cervical injuries Insight into the lived experience of individuals with a spinal cord injury Documentation of the patient journey from injury to total rehabilitation Practical information on mobility devices and returning to driving Appendix of common assessments for spinal cord injuries Includes an eBook with purchase of the print book

Guide To Drive Mellissa Leavell,2021-07-15 No one will admit to being a terrible driver, but we've all, at one point or another, tried multitasking while driving behind the wheel on the road. Most of us have also gone on long road trips by car. This book can help you avoid the costly mistakes that far too many drivers make because of not being fully aware of their driving risk. Much is said about driving safely and defensively but little is taught about HOW to manage the actual risk involved. In each section of the book are exercises for both experienced and inexperienced drivers that will greatly reduce your chances of collision. The added bonus is also less stress. It is an in depth look at an unseen epidemic that is on going every day in all the lives of drivers here in the U.S. (averaging 200 deaths daily)and in fact throughout the entire world (1.3+ million deaths every year). From how we all drive to an actionable plan to end this epidemic. The book will take you on a trip of self discovery that will challenge you as either a new driver or very experienced.

Crashproof Your Kids Timothy C. Smith,2007-11-01 BEFORE YOU EVEN THINK ABOUT HANDING YOUR TEENS THE CAR KEYS, DO EVERYONE A BIG FAVOR: CRASHPROOF THEM! Every year, six million sons and daughters will become first-time drivers. Fifty-eight percent of them will be involved in a car accident within a year of getting their license, and a significant portion of these crashes will be fatal. But here's the good news: research has shown that car crashes can be reduced by up to 30 percent when you, the parent, are actively involved in your teen's instruction and set certain limits. In *Crashproof Your Kids*, certified driving instructor and dad Timothy Smith has combined the collective wisdom of numerous experts to develop the Crashproof Plan: a series of behind-the-wheel exercises designed to improve your teen's driving awareness, behavior, and skill in a way that fits your schedule. Written in a highly accessible, informal, and often humorous style, this comprehensive plan begins where drivers' education programs end, and includes: • A step-by-step plan to develop your teen's braking, car control, and defensive driving skills • How to handle road emergencies and basic car maintenance • Tips on helping your teen deal with dangerous distractions, including peer pressure and the use of alcohol and drugs • The Crashproof Contract, which outlines the expectations, responsibilities, and rules of the road for both the teen and the parent You'll get plenty of help on how to communicate vital driving concepts to your teen, and you'll laugh, learn, and sympathize with stories from parents who have already been there. *Crashproof Your Kids* is an essential resource for any parents wanting to help their teenagers successfully navigate the single most dangerous activity they'll ever undertake.

Zen Driving K.T. Berger,2011-07-13 Zen Driving can make each driving experience enjoyable, whether it's a daily hour-long drive to work, or a ten-minute run to the local Safeway. You may well ask, what is Zen driving? The Japanese word zen literally means meditation, and meditation means being fully aware, fully in touch with your surroundings. When you are in a meditative state, you are in your natural self, your Buddha self—and you can do it while driving. But why Zen driving? The purpose of *Zen Driving*, the book, is to introduce you to your natural self, which is what remains when you still your mind and ignore your chattering ego. When you do this, you gain confidence in your ability, and finally you are that ability. The frustrations of other drivers cutting you off or causing you to sit through two red lights because they're too timid to make a left turn on yellow will no longer make your blood pressure explode. *Zen Driving* will teach you to look, simply observe without qualification, and then make your move. Zen driving is effortless, spontaneous, nondeliberate. It is being one with the road. And in turn, driving becomes a pathway to consciousness, an activity that clears the mind and soothes the soul, something to take with you all those other times when you're not behind the wheel.

Mindful Defensive Driving Gerald A. Hamel,2015-10-02 Save Lives; Protect yourself and others, and save time and money. This retired Administrative Law Judge (Hearing Officer) from the Driver's Safety Division of DMV and current Defensive Driving Instructor with over 30 years of

teaching experience presents his method of teaching Defensive Driving with humor with an emphasis on Mindfulness. Learn the procedures and visual skills necessary to belong to a unique group of motor vehicle operators that choose to become the Best Driver's on the road, protect yourself and others and save time and money. Exercises on how to cultivate mindfulness and selected stores from teaching traffic school are included.

Empowering Change: A Project Manager's Perspective on the Disability Sector in Ireland Sean O'Connor,2023-11-01 The disability sector in Ireland plays a crucial role in ensuring the well-being and inclusion of individuals with disabilities. As a project manager in the National Clinical Programme for People with Disability, my perspective offered a unique insight into the challenges, opportunities, and transformative initiatives within the sector. In the rapidly evolving landscape of healthcare, the disability sector holds a significant place, with its focus on empowering individuals with disabilities to lead fulfilling and inclusive lives. As a project manager in the National Clinical Programme for People with Disability, I was at the forefront of driving positive change in this crucial sector in Ireland. This book serves as a comprehensive and in-depth guide, offering a unique perspective from my role within the Programme. It delves into the challenges faced, the remarkable achievements realized, and the profound impact witnessed as we work towards transforming the lives of individuals with disabilities.

Shattering Stigma: A Comprehensive Guide from the Perspective of a Mental Health Specialist Sean O'Connor,2023-11-01 Mental health services in Ireland are crucial for addressing the psychological well-being of individuals and promoting their overall quality of life. As a mental health specialist, your expertise and insights play a vital role in understanding and providing effective care within this context. This book aims to provide you with an in-depth exploration of mental health services in Ireland, offering a comprehensive understanding of the field from your unique perspective. Through detailed chapters, we will examine various aspects of mental health services, including assessment, diagnosis, treatment approaches, specialized services, community-based care, challenges, and opportunities. Within the confines of Irish society, mental health has long been overshadowed by stigma and misconceptions. Generations have suffered silently, their anguish hidden behind closed doors. However, the tides are turning, and a collective awakening is occurring. Today, mental health is recognized as a fundamental aspect of overall well-being, and Ireland is embracing the imperative of providing quality mental health services to its citizens. The importance of mental health services in Ireland cannot be overstated. Mental health disorders affect individuals of all ages, genders, and backgrounds, permeating every aspect of their lives. They impact families, communities, and society as a whole. Recognizing the profound societal impact of mental health, Ireland has committed to strengthening its mental health services, striving to create a support system that promotes recovery, resilience, and hope. Addressing the prevailing stigma surrounding mental health is paramount in this endeavour. For far too long, individuals grappling with mental health challenges have faced discrimination, judgment, and isolation.

How's My Driving? Steve Dziadik,2019-05-24 The primary goal of this book is to encourage an increase in the level of defensive driving awareness for the reader. The author utilizes some of his family's unfortunate driving experiences, wherever possible, for added emphasis. The benefit to the reader is an opportunity to feel the pain his family felt and learn from it. His chapter on Automobile Insurance 101 will break coverages down in a way that is palatable, as well as useful. Finding out AFTER a crash what protection should have been in place is tragic. Driving safely is no accident. Understanding and practicing that phrase will result in a safer and happier commuting life for everyone

Practicing Mindfulness Chad Hoffmaster,2021-07-08 The book shares how to practice meditation and mindfulness. The author also helps you become more aware of your procrastination triggers. Through this book, you will learn how to reduce stress, reduce anxiety, and be mindful.

Eventually, you will enormously discover a extra experience and feat by spending more cash. nevertheless when? attain you agree to that you require to get those all needs taking into consideration having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to understand even more going on for the globe, experience, some places, once history, amusement, and a lot more?

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