

● SUMMERSDALE NEW BOOK RELEASE ●
CONQUER THE FEAR OF DRIVING TESTS

Get Past Driving Test Nerves

By Lorna Cordwell

*'I'll be so nervous on the day,
I won't be able to do anything'*



This will sound familiar to thousands of people learning to drive. But now they can turn their negative thoughts into positive affirmations using this no-nonsense guide, as Harley Street therapist **Lorna Cordwell** steers them to success in their driving test.

With nearly 60 per cent of driving tests taken in the UK ending in failure, most learners admit that nerves are the main cause of their mistakes. For the thousands who find the driving test a frightening and confidence-destroying experience, help is now at hand. This book:

- ✓ Explains what anxiety is and what you can do to overcome it.
- ✓ Contains clear and simple advice on how to remain calm and focused under pressure – both in your driving lessons and on the day.
- ✓ Includes easy-to-follow exercises and relaxation scripts to be practised in the build-up to the test.

Get Past Driving Test Nerves will not teach anyone how to drive. It will however help overcome feelings of anxiety, fear or nervousness – both before and after the test. Using simple and easy to follow exercises and methods from the book, learner drivers will gain greater self-control during their test and make sure that they lose those L plates!

About the author: **Lorna Cordwell**, has a private practice on London's Harley Street, she is a therapist who specialises in relaxation work and hypnotherapy to help clients overcome anxiety and fear. She has a degree in psychology from the London School of Economics and a postgraduate diploma from the National College of Hypnosis and Psychotherapy. She has worked as a therapist since 1987.

Lorna is based in London.

Note to Editors – to request a review copy or be put in touch with the author please contact Dean Chant
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