

Everyone knows that visual attention is the most important crash guard when driving, but few drivers know the step by step process of how to improve these skills. Dr. Mills extracts life-saving ideas from top driving instructors *and* research scientists who use the latest eye tracking technology to give you simple exercises that can be practiced each time you drive. The opening chapters discuss how your visual attention is uniquely challenged when you drive, the latest research on hazard perception, how drivers control their attention, and importantly, how disrupted attention leads to collisions. The author explores some of the newest simulator and closed course applications in driver training. In the final chapter, the reader progress through 4 stages of how to improve visual attention, with short, simple exercises that become part of everyday driving habits. Discover quick and easy techniques that you can practice minutes each day to enhance safety in today's complex traffic and lower the risk of crashes. This book is ideal for police, firefighter and EMT training, driver education courses, driving schools, academy instruction, fleet safety programs and motorcycle safety courses.

Mills, K.C. *Disciplined Attention: How to Improve Your Visual Attention When You Drive*, 165 pages, ISBN 0-942267-29-X, hardcover, 3 illus., 2 tables, 10 exercises, 86 references, index, \$29.95.

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