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# Driving Ourselves Sane: Achieving Optimal Safety on the Road While Changing Your World

*Dr. Christian R. Komor*

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**Driving Ourselves Sane: Achieving Optimal Safety on the Road While Changing Your World** Dr. Christian R. Komor
If generations of wise men and women have given us the keys to life fulfillment and peaceful coexistance on the Earth, why aren't things getting better? Perhaps it is because we have lacked a common ground where together we can practice those skills of love, perseverance, friendship, and peaceful coexistance! "Driving Ourselves Sane" will show you how to transform the mundane task of driving a car into a vehicle for self-actualization, social transformation and Earth preservation. Along the way you will also learn research-based and road-tested techniques for making yourself and your loved ones over 70% safer.

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