

Zen Driving

Zen Driving Zen in the Art of Manual Driving The Zen Art of Driving for Uber/Lyft- with My Own Stories K. T. Berger K.T. Berger Lorenzo Chong Christopher Nicks

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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

why is manual driving and miata so much fun when you slip behind the wheel it's more than just getting from point a to point b driving is a symphony of movement with a meticulous breakdown of the mechanics and philosophy for manual shifters zen and jinba ittai you'll learn not only how to operate a manual transmission but how to connect with your vehicle on a deeper level finding unity between body and machine this book transcends the realm of automotive literature are you ready to embark on the ultimate driving experience take the wheel embrace the journey and find zen in the art of manual driving

interested in driving for uber or lyft this book will get you started on the right track don t make the mistakes of a beginning driver this unique approach to ride hailing gives you insider information from an experienced driver passengers rate your driving and this book tells you how to make a 5 star on most rides my zen art method helps you achieve a clear understanding about how to be successful in this unique and flexible job my book includes everything to get started along with my own unique stories about driving for uber lyft there are lots of tricks of the trade and information that can t be found on the internet while my book teaches a zen like experience for success

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