



# Optimum Drive: The Road Map to Driving Greatness

*Paul F. Gerrard*

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## **Optimum Drive: The Road Map to Driving Greatness** Paul F. Gerrard

Greatness is as hard to quantify as it is to achieve...probably not a coincidence. In his debut book, Optimum Drive, professional driver Paul Gerrard helps you reach that greatness. He starts off by taking you onto the track as he explores what driving at 200 mph can teach us about who we are. Using his experiences from behind the wheel at death-defying speeds, Gerrard breaks down the psychology of driving, what it takes and how we can use it to achieve greatness in life. Gerrard presents the nirvana-like sensation of FLOW. It is through FLOW that he introduces the blend of a holistic mindset entwined with a competitive edge which is needed to be a professional driver. This mix of guts, tenacity and endurance is the foundation of Gerrard's philosophy for attaining greatness. After embracing FLOW, the reader learns about natural vs earned talent and how the way we drive is representative of who we are. From braking, cornering and accelerating to anticipation vs. reaction, refining a process that defines our greatness in or out of the car.

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