



# A Survival Guide for Truck Drivers: Tips From the Trenches (Medium/Heavy Duty Truck)

*Alice Adams, Andrew Ryder*

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An employer's cost to replace a driver ranges from \$5,000 to \$8,000. Turnover can be prevented and retention increased by developing a driver with the life skills necessary to be successful in their daily working lives. A Survival Guide for Truck Drivers is the only book written for students or experienced drivers that offers, in a straightforward and nonpatronizing style, the practical tips for making life on the road more stress-free and comfortable - both for the driver and his or her family. Until now, drivers usually entered the transportation industry armed with a Commercial Drivers License and perhaps stories and information from friends and family. This new guide not only provides valuable information and invaluable insights into the life of a professional driver, but also offers resources and encouragement for those who keep North America's commerce moving down the highway. Topics range from Money Management and Professional Improvement to Staying Healthy and Dealing With Stress - presenting advice to make the driver's life better and happier. This lifestyle guide has a universal application that will appeal to student drivers, company drivers, owner-operators, and also the drivers' families. A driving school graduate's chance of landing a good job partly depends on his or her possession of life skills. Good retention tools are needed for the experienced but problem driver. A Survival Guide for Truck Drivers is the one solution for successful drivers.

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