

High Performance Handling For Street Or Track Vehicle Dynamics Suspension Mods Setup Anti Roll Bars Camber Adjust Motorbooks Workshop

Today's super high-performance bikes are the most potent vehicles ever sold to the public and they demand advanced riding skills. This is the perfect book for riders who want to take their street riding skills to a higher level. Total Control explains the ins and outs of high-performance street riding. Lee Parks, one of the most accomplished riders, racers, authors and instructors in the world, helps riders master the awe-inspiring performance potential of modern motorcycles. This book gives riders everything they need to develop the techniques and survival skills necessary to become a proficient, accomplished, and safer street rider. High quality photos, detailed instructions, and professional diagrams highlight the intricacies and proper techniques of street riding. Readers will come away with a better understanding of everything from braking and cornering to proper throttle control, resulting in a more exciting yet safer ride.

For more than 35 years, Le Mans champion and former Formula One driver Bob Bondurant has been the most successful high-performance driving instructor in the world. The Bob Bondurant School of High Performance Driving has seen thousands of students pass through its doors and emerge as better, more confident, and faster drivers. Bondurant and his team of world-class instructors train a wide range of drivers, from amateur enthusiasts and aspiring racers to advanced professionals. The school also teaches antiterrorist and law enforcement driving skills, courses for beginning drivers, and a full complement of courses in karting, which is the training ground for the world champions of the future. In color for the first time, this new edition of Bob Bondurant on High-Performance Driving is a great tool for improving your skills at the racetrack and on the road. Bob walks you step-by-step through the fundamentals of performance driving, teaching you how to get the most out of your car and optimize your innate driving skill. Bob also draws upon his impressive competition experience to provide you with tips and techniques that are proven to work at the highest levels of motorsport. If you love to drive, Bob Bondurant on High-Performance Driving is a must-read book! Book jacket.

Your Python code may run correctly, but you need it to run faster. Updated for Python 3, this expanded edition shows you how to locate performance bottlenecks and significantly speed up your code in high-data-volume programs. By exploring the fundamental theory behind design choices, High Performance Python helps you gain a deeper understanding of Python's implementation. How do you take advantage of multicore architectures or clusters? Or build a system that scales up and down without losing reliability? Experienced Python programmers will learn concrete solutions to many issues, along with war stories from companies that use high-performance Python for social media analytics, productionized machine learning, and more. Get a better grasp of NumPy, Cython, and profilers Learn how Python abstracts the underlying computer architecture Use profiling to find bottlenecks in CPU time and memory usage Write efficient programs by choosing appropriate data structures Speed up matrix and vector computations Use tools to compile Python down to machine code Manage multiple I/O and computational operations concurrently Convert multiprocessing code to run on local or remote clusters Deploy code faster using tools like Docker

Get the results, recognition, and reputation you deserve In TIP, Dave Gordon tells the engaging and motivating story of Brian Davis, an average salesperson who is fired without warning for being average. After 10 years at the same company, he is suddenly faced with no immediate prospects, an uncertain future, and a young family to support. With minimal savings, and determined to not lose everything he's worked for, he reluctantly takes the only job he can get at a popular bar and restaurant called Crossroads. Guided by an unlikely mentor, and insightful colleagues and customers in an unforgiving environment of relentless customer service, he learns the four simple principles of TIP to take control of his life, his career, and his future: 1. Enhanced self-awareness 2. Confident communications 3. Commitment-based actions 4. Fulfillment of a unique value promise TIP is a timeless, inspirational story created to remind anyone in a position judged by performance that the only way to achieve continued recognition and growth in work and life is to take personal accountability for your reputation and results. Whatever your role, or level of success in your career, TIP is a guide that will help you discover, or remember, how to consistently bring unique value to your team, your organization, and your most important customers. This easy read will provide a strategy for personal success, complete with coaching and action plans.

Ride quality and steering response set many cars apart from one another. As a result, an enormous aftermarket has sprung up to take factory steering and suspension to the next tier. Everything enthusiast or backyard mechanic needs to know about suspension theory, design, modification, tuning, and creating an integrated system for maximum performance is covered in this hands-on guide. The book covers wheels and tires, suspension and steering, shock absorbers, springs, anti-roll bars, suspension bushings, aerodynamics, and setups for high-performance street, autocross, road race, and drag racing applications.

Performance coach Alan Stein Jr. shares the secret principles used by world-class performers that will help you improve your productivity and achieve higher levels of success. High achievers are at the top of their game because of the discipline they have during the unseen hours. They have made a commitment to establish, tweak, and repeat positive habits in everything they do. RAISE YOUR GAME examines the top leaders in sports and business and proves that success is a result of the little things we do all the time. The basic principles provided in RAISE YOUR GAME are simple, but not easy. We live in an instantly downloadable world that encourages us to skip steps. We are taught to chase what's hot, flashy and sexy and ignore what's basic. But the basics work. They always have and they always will. RAISE YOUR GAME will inspire and empower you to commit to the fundamentals, create a winning mindset, and progress into new levels of success.

Covers everything you need to know about selecting the most desirable gear ratio, rebuilding differentials and other driveline components, and most importantly, matching the correct driveline components to engine power output.

The photos in this edition are black and white. Brake systems are one of the most important yet least understood vehicle systems. Brake systems can be intimidating, and they aren't the first thing the average horsepower junkie chooses to upgrade. But there's no reason to wait until you have a problem to learn how your brakes work. High-Performance Brake Systems: Design, Selection, and Installation gives you the knowledge to upgrade your brakes the right way the first time. Author James Walker, Jr. doesn't just tell you what to do--he uses over 315 photos and plain English to help you understand how and why your brake system works, what each of the components does, and how to intelligently upgrade your brakes for better performance. There

are chapters showing you how to choose and install the most effective rotors, calipers, pads, and tires for your sports car, muscle car, race car, and street rod. You'll even find special sidebars detailing how each upgrade will affect your ABS system. Whether you are a commuter, a casual enthusiast, a weekend warrior, or a professional racer, this book is perfect for you.

A completely revised version of one of the best-selling motorcycle riding skills books of all time. Today's super high-performance bikes are the most potent vehicles ever sold to the public and they demand advanced riding skills. Get it right, and a modern motorcycle will provide you with the thrill of a lifetime; get it wrong and you'll be carted off in a meat wagon. The line between ecstasy and agony is so thin that there is absolutely no margin for error. Total Control provides you with the information you need to stay on the healthy side of that line, providing a training course developed and perfected through decades of professional training in Lee Parks' Total Control Advanced Riding Clinic. This is the perfect book for riders who want to take their street riding skills to a higher level. Total Control explains the ins and outs of high-performance street riding. Lee Parks, one of the most accomplished riders, racers, authors and instructors in the world, helps riders master the awe-inspiring performance potential of modern motorcycles. This book gives riders everything they need to develop the techniques and survival skills necessary to become a proficient, accomplished, and safer street rider. High quality photos, detailed instructions, and professional diagrams highlight the intricacies and proper techniques of street riding and the knowledge gained will apply to all brands of bikes from Harley-Davidson and Suzuki to Ducati and Kawaski to Honda and BMW and more! Readers will come away with a better understanding of everything from braking and cornering to proper throttle control, resulting in a more exhilarating yet safer ride.

DIVTurn your daily driver, weekend fun ride, or track car into a corner-carving performance machine. From planning a course of modifications to installing parts to tuning handling characteristics, High-Performance Handling for Street or Track will have you cranking out high-g cornering forces on your favorite twisty course. Topics covered in High-Performance Handling for Street or Track include:

- An overview of vehicle dynamics
- How to tune handling for differing applications
- Guidance for selecting aftermarket components, including anti-roll bars, springs, shocks, bushings, chassis braces, camber adjusters, wheels, and brakes
- Tire and wheel selection advice
- Case-study projects

Whether you're building a high-performance street car, an autocrosser, or a track-day machine, High-Performance Handling for Street or Track will help you create an integrated suspension system and tune it for maximum performance./div

High-Performance Training for Sports changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. High-Performance Training for Sports features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, High-Performance Training for Sports will guide you in these areas:

- Optimise the effectiveness of cross-training.
- Translate strength into speed.
- Increase aerobic capacity and generate anaerobic power.
- Maintain peak conditioning throughout the season.
- Minimise the interference effect.
- Design energy-specific performance programmes.

Whether you are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

THESE HABITS WILL MAKE YOU EXTRAORDINARY. Twenty years ago, author Brendon Burchard became obsessed with answering three questions: 1. Why do some individuals and teams succeed more quickly than others and sustain that success over the long term? 2. Of those who pull it off, why are some miserable and others consistently happy on their journey? 3. What motivates people to reach for higher levels of success in the first place, and what practices help them improve the most After extensive original research and a decade as the world's leading high performance coach, Burchard found the answers. It turns out that just six deliberate habits give you the edge. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers. Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise necessity, increase productivity, develop influence, and demonstrate courage. The art and science of how to do all this is what this book is about. Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it faster. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now. If you've ever wanted a science-backed, heart-centered plan to living a better quality of life, it's in your hands. Best of all, you can measure your progress. A link to a free professional assessment is included in the book.

Michael Pollan's How to Change Your Mind meets Christopher McDougall's Born to Run in this immersive, investigative look at the hidden culture of cannabis use among elite athletes (as well as weekend warriors)--and the surprising emerging science behind the elusive, exhilarating "runner's high" they all seek. Pot makes exercise fun. The link between performance enhancement and cannabis has been an open secret for many years, so much so that with the wide-sweeping national legalization of cannabis, combining weed and working out has become the hottest new wellness trend. Why, then, is there still a skewed perception around this leafy substance that it only produces the lazy, red-eyed stoner laid out on a couch somewhere, munching on junk food? In fact, scientists have conducted extensive research that uncovers the power of the "runner's high"--the true holy grail of aerobic activity that was long believed to be caused by endorphins. In an extraordinary reversal, scientists believe marijuana may actually be the key to getting more Americans off their phones and on to their feet. In Runner's High, seasoned investigative journalist Josiah Hesse takes readers on a journey through the secret world of stoned athletes, describing astounding, cannabis-inspired physical and mental transformations, just like he experienced. From the economics of the \$20 billion CBD market to the inherent inequalities in the enforcement of marijuana prohibition; from the mind-body connection behind the "runner's high" to the best way to make your own cannabis-infused power bars; Runner's High takes this groundbreaking science out of the lab and onto the trail, court, field, and pitch, fundamentally changing the way we think about exercise, recovery, and cannabis.

A comprehensive guide on how to tune, test, and win in any form of racing. Includes technical information on all areas of race car engineering, including suspension and chassis, springs, brakes, aerodynamics, engine systems, safety, driving, testing, computers in racing, and a special section on race cars of the future.

Automotive technology.

High Performance Neon Builder's Handbook is your one-stop shop for all the information you need to get the maximum performance out of your Dodge Neon. This comprehensive book details everything including available Neon models, suspension and braking improvements, drivetrain modifications, and working on a budget. Engine modifications are extensively covered, including specific details about intake systems, exhaust systems, ignition and fuel systems, short-block modification, and thorough coverage on heads, cams, and valvetrain. A helpful chapter on how and where to go racing is also included, as well as a handy source guide. If you want to make your Neon the hottest sport compact on the street, this is the book for you.

Dennis Grant, the "Street Modified Godfather", built an SCCA ProSolo Championship and FIA Canadian National Championship winning autocross car. This book describes the tricks, secrets, and engineering details he learned during his racing career. Equally applicable to road racers, rally cars, circle track cars, and high performance street cars, this book is full of information on how to make cars handle at the extreme limits of performance. Includes chapters on tuning suspensions, building shocks, and selecting tires - and much, much more! Whether you are just starting out building a high-performance car, or a grizzled veteran of motorsports, this book is full of insightful (and occasionally funny) observations on what it takes to tune the car and driver system in order to win races. Contains theory and practical advice as well. Written very much in the idiom of the legendary Carroll Smith's ...to Win series, this book is an essential addition to the bookshelf of any automotive enthusiast.

Provides handling techniques for street driving, road racing, and autocrossing, and discusses wheels, traction, shocks, aerodynamics, and tire temperature and pressure

In Speed Secrets: The Lost Art of High-Performance Driving, Ross Bentley explains in plain language how you can train yourself to become a true performance driver. With the promise of autonomous vehicles in our near future, and current cars equipped with "driver aides," it's not hard to feel like the art (and science) of performance driving has been all but lost. Don't lose hope! For every device designed to take the act of driving out of your hands, the desire to actively participate in driving a car becomes even stronger for driving enthusiasts. In Speed Secrets: The Lost Art of High-Performance Driving, you will learn exactly how to become an even better performance-oriented driver; whether it's to enjoy a twisty mountain highway, to take that secret back-road route to work, or even participate in a track day on a racing circuit. From how to best use your car's controls, to cornering, to dealing with adverse driving conditions, The Lost Art of High-Performance Driving will make you a better performance driver. Along the way, you'll learn what ABS, traction and stability control, self-braking systems, and semi-automatic transmissions do, and how best to incorporate them into your driving. This is the true guide to speed, and it will help you understand your car more intimately than ever. Most importantly, it will fuel your passion for driving!

Muscle Cars profiles 66 cars from both the golden age of muscle cars and today's rebirth of high performance. Each car features dazzling color photography and concise text that bring these amazing cars to life. Profiled cars include the 1965 Buick Skylark Gran Sport, the 1966 Dodge Charger 426 Hemi, the 1967 Chevrolet Camaro Z28, the 1969 AMC Javelin SST, the 1969 Pontiac Firebird Trans Am, the 1970 Road Runner Superbird, and the 2020 Ford Mustang Shelby GT500. Hardcover, 144 pages Muscle Cars will bring back memories of old favorites and introduce new machines!

High-Performance Handling for Street or Track Motorbooks International

Featuring unpublished period photographs, plus artwork from Ford designers, Ford Total Performance covers all of Ford's classic race and street cars, including Cobras and Shelby Mustangs, from 1961 to 1971.

"Sportbikes today handle better than pure racebikes did just a few years ago. Their sophisticated, versatile suspension offers countless combinations to find the handling that's right for you. This book will help you hone and perfect your suspension for high-performance street riding and track days. Discover the right way to set spring and damping adjustments, and adjust ride height for greater steering responsiveness and traction. Suspension specialists from professional racing and the aftermarket also offer their insights on useful modifications."--Publisher description.

High-performance '94-'04 Mustangs represent the high-water mark for late-model Mustang enthusiasts. From the '94-'95s with the 5.0L, through the '96-'04 models with the 2- and 4-valve 4.6Ls, to the Bullitt, Mach 1, and factory supercharged '03-'04 Cobras - never before has such a range of highly modifiable performance cars been available. These Mustangs were amazing performers straight from the factory, but they can be even better with the right combination of performance parts. Regardless of which '94-'04 Mustang you start with, the availability of high-performance parts is unparalleled. You can build your Mustang for drag racing, road racing, or improved street performance - and High-Performance Mustang Builder's Guide 1994-2004 will show you how! Author Sean Hyland uses over 300 photos to explain how to upgrade your Mustang's engine, suspension, chassis, transmission, rear end, brakes, and body. There's even a special chapter on getting active in various forms of organized racing.

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A complete performance guide for Chevrolet's newest generation LS1 small-block Chevy engine. Includes sections on bolt-ons, cylinder heads, intake manifolds, camshafts and valvetrain, fuel injection, block prep, final assembly, exhaust, and forced induction.

Chassis Engineering for HP Cars Manual Chassis Design Covers Center Of Gravity And Roll Center Enhancing Road Handling Ability Step-By-Step Guide Tire Technology And Front and Rear Suspensions Brakes; Shocks And Springs.

Suspension is probably the most misunderstood aspect of motorcycle performance. This book, by America's premier suspension specialist, makes the art and science of suspension tuning accessible to professional and backyard motorcycle mechanics alike. Based on Paul Thede's wildly popular Race Tech Suspension Seminars, this step-by-step guide shows anyone how to make their bike, or their kid's, handle like a pro's. Thede gives a clear account of the three forces of suspension that you must understand to make accurate assessments of your suspension's condition. He outlines testing procedures that will help you gauge how well you're improving your suspension, along with your riding. And, if you're inclined to perfect your bike's handling, he even explains the black art of chassis geometry. Finally, step-by-step photos of suspension disassembly and assembly help you rebuild your forks and shocks for optimum performance. The book even provides detailed troubleshooting guides for dirt, street, and supermoto--promising a solution to virtually any handling problem.

The design and evolution of the backbone of any race car -- its chassis -- is covered here in thorough detail. While technical and of great value to racers and race car builders, this book is also of value to racing enthusiasts who want to better understand race car technology. Aird covers the evolution of chassis designs and explains how each design is best-suited for a specific style of race car and its internal center of gravity placement, load transfer, and weight distribution.

You know you want to buy a Honda or Acura to modify, but you're not sure which one has the most powerful engine, the best-handling suspension, or the most available aftermarket upgrades? The High-Performance Honda and Acura Buyer's Guide can help you with all of these questions and more. It's hard enough deciding between all the available Civics, Integras, Accords, and Preludes, but you also have to consider the RSX, TSX, S2000, and even the NSX. Don't worry - High-Performance Honda and Acura Buyer's Guide covers them all. Author Aaron Bonk covers each of these models through the years, comparing their standard performance features and discussing what it takes to make them go fast and look great using aftermarket performance parts or factory upgrades. Three hundred color photos show you what each of these Hondas and Acuras look like both stock and modified. He examines stock performance and popular modifications for each, so you can decide which model is the best to meet your performance goals - whether you want to drag race, road race, or just improve street performance.

A personal energy training program outlines strategies on how to prevent burnout and improve productivity, discussing such areas as how to work with four key sources of energy, balancing stress and recovery, expanding capacity, and implementing positive routines. Reprint. 60,000 first printing.

This book thoroughly explains how your brake system works, what each component does, and how to choose and install the most effective rotors, calipers, pads, and tires for your sports car, muscle car, race car, and street rod.

While building big horsepower has become easier, putting that power down to the pavement is still quite a challenge. Getting great "bite" involves a lot more than sticky tires and a smoky burnout. The suspension system is being put to work in a way it was never designed to operate. A better understanding of exactly what is happening to the suspension when the car launches from a standing start will assist you in maximizing your car's effectiveness on the street or at the track. In How to Hook and Launch: Traction Mods for the Street & Strip, author Dick Miller explains the physics behind what gets a car moving from a standing start, and how to best harness the various powers at work. Getting the rear tires to really bite and gain maximum traction is divided into several small steps, and Miller walks you through each phase of the launch. Today's enthusiasts face a wide range of potential traction improvements, from softer tires and basic bolt-ons to complete or partial chassis replacements. Most opt for something in-between, where some well-engineered components are chosen to replace the factory equipment and offer a greater capability and range of adjustment. It is this range of upgrades where Miller spends most of his time, explaining what the parts and pieces do, and how to use them to their highest potential.

The steps you need, for the results you want. There's no shortage of advice out there on how to perform better, and better than others, at work. The problem is knowing which methods are actually proven to work--and how you should act on them to get the best results. In 8 Steps to High Performance, talent expert and bestselling author Marc Efron cuts through the noise with his signature "science-based simplicity" approach to identify what matters most and show you how to optimally apply your time and effort to boost your performance. It turns out that higher performance comes from doing many things well--but some of those things are not in your power to change. Efron reveals the eight key factors you do control and practical steps for improving yourself on each one. You'll learn: How to set goals that create higher performance Which behaviors predict higher performance in different situations How to quickly develop the most important capabilities Who to connect with and why How to understand and adapt to your company's strategy Why you sometimes shouldn't be the "genuine" you How to best manage your body to sustain your performance How to avoid management fads that distract you from high performance Research-based, practical, and filled with self-assessments, tools, and templates to support your performance goals at work, this short, powerful book will help you and anyone on your team deliver outstanding results.

Performance and racing drivers constantly seek ways to sharpen their skills and lower their lap times. Ultimate Speed Secrets is the indispensable tool to help make you faster, whatever your driving goals. Professional race driver and coach Ross Bentley has raced everything from Indycars to World Sports Cars to production sedans, on ovals, road courses, and street circuits around the world. His proven high-performance driving techniques benefit novice drivers as well as professional racers. Ultimate Speed Secrets covers everything you need to know to maximize your potential and your car: Choosing the correct line Overtaking maneuvers Adapting to new tracks and cars The mental game and dealing with adversity Finding (and keeping) a sponsor. The pages are filled with specially commissioned color diagrams to illustrate the concepts described. Whether you are a track-day novice or a seasoned professional, Ultimate Speed Secrets will arm you with practical information to lower your lap times and help you get the best out of your vehicle—and yourself. It's the ultimate high-performance driving tutorial!

Transform an average car or truck into a turbocharged high performance street machine. A handbook on theory and application of turbocharging for street and high-performance use, this book covers high performance cars and trucks. This comprehensive guide features sections on theory, indepth coverage of turbocharging components, fabricating systems, engine building and testing, aftermarket options and project vehicles.

How to build small-block Chevy engines for maximum performance. Includes sections on heads, cams, exhaust systems, induction modifications, dyno-tested engine combinations, and complete engine build-ups.

Become a better performance driver with Speed Secrets With the promise of autonomous vehicles in our near future, and current cars equipped with all sorts of mind-boggling "driver aides," many feel that the art (and science) of performance driving has been lost - or will be. But no! For every device designed to take the act of driving out of our hands, the desire to actively participate in the control of a car becomes even stronger for driving enthusiasts. One only needs to look at the number of performance cars available today to see that the desire to truly drive is still in strong demand. In Speed Secrets: The Lost Art of Performance Driving, Ross Bentley explains in plain language how you can become an even better performance-oriented driver, whether it's to enjoy a twisty mountain highway, to take that secret back-road route to work, or to participate in a track day on a racing circuit. From how best to use your car's controls, to cornering, to dealing with adverse driving conditions, this book will make you a better performance driver. Along the way, you'll learn what ABS, traction and stability control, self-braking systems, and semi-automatic transmissions do and how best to incorporate them into your driving. Speed Secrets: The Lost Art of Performance Driving will help you understand your car well and be an even better, faster driver. Most importantly, it will fuel your passion for driving!

#1 Amazon Bestseller in Leadership Wall Street Journal Bestseller An F-14 fighter pilot's top lessons for leading fearlessly—and bringing a team to peak performance As an aviation pioneer, Carey D. Lohrenz learned what fearless leadership means in some of the most demanding and extreme environments imaginable: the cockpit of an F-14 and the flight deck of an aircraft carrier. Here, her teams had to perform at their peak—or lives were on the line. Faltering leadership was simply unacceptable. Through these experiences, Lohrenz identified a fundamental truth: high-performing teams require fearless leaders. Since leaving the Navy, she's translated that lesson into a new field, helping top business leaders, from Fortune 500 executives to middle managers, supercharge performance in today's competitive business environments. In Fearless Leadership, Lohrenz walks you through the three fundamentals of real fearlessness—courage, tenacity, and integrity—and then reveals fearless leadership in action, offering advice on how to set a bold vision, bring the team together (as wingmen, not Top Gun mavericks), execute effectively, and stay resilient through hard times. Whether you're stepping into your first leadership role or looking to get out of a longstanding rut, Fearless Leadership will act like your afterburner—rocketing you to ever-higher levels of performance.

The first in a series of books compiled by Sport Compact Car magazine, this authoritative handbook takes on the hot rod trend of import performance. This specialized guide includes the latest how-to advice on every facet of modifying Honda Civics and Accords and Acura Integras.

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