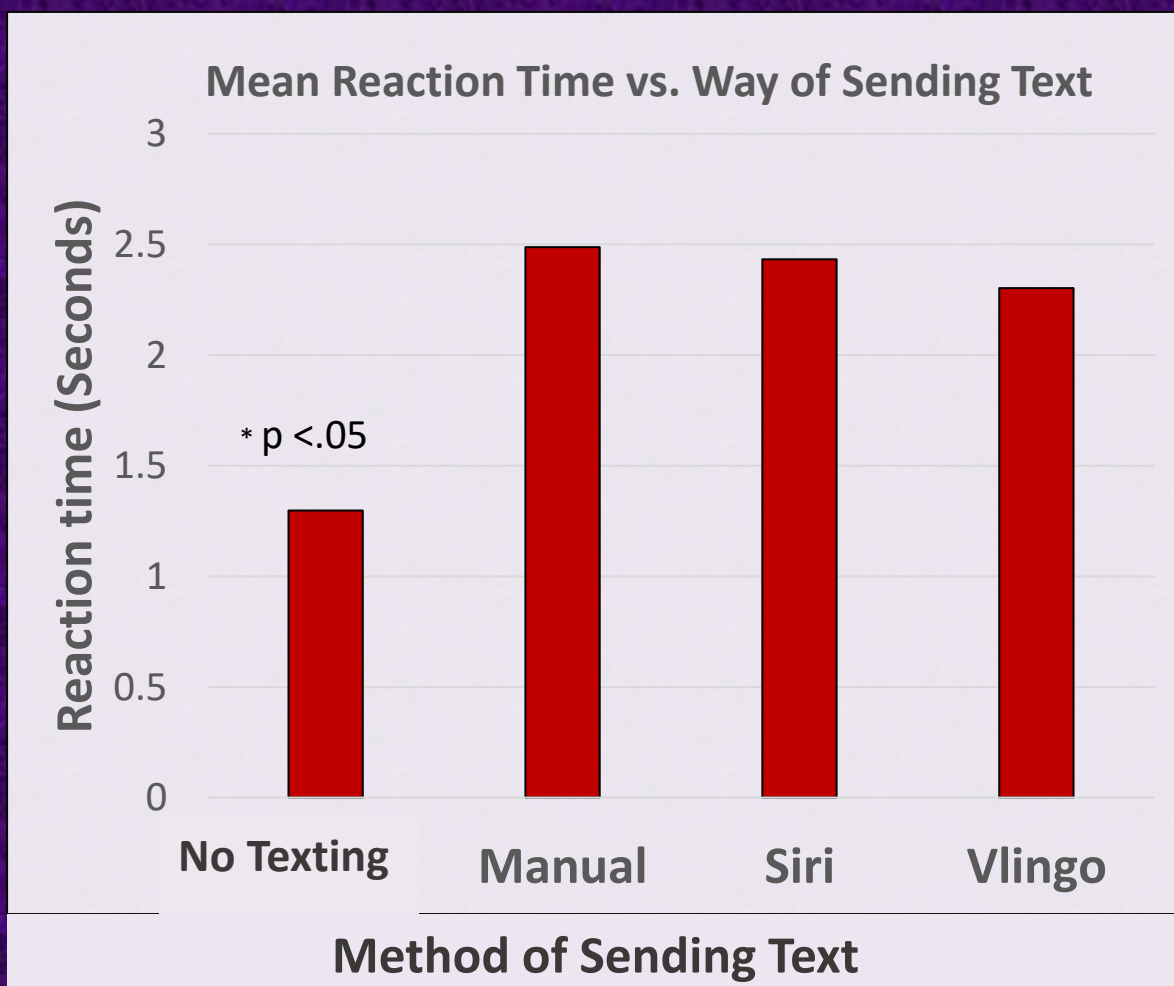
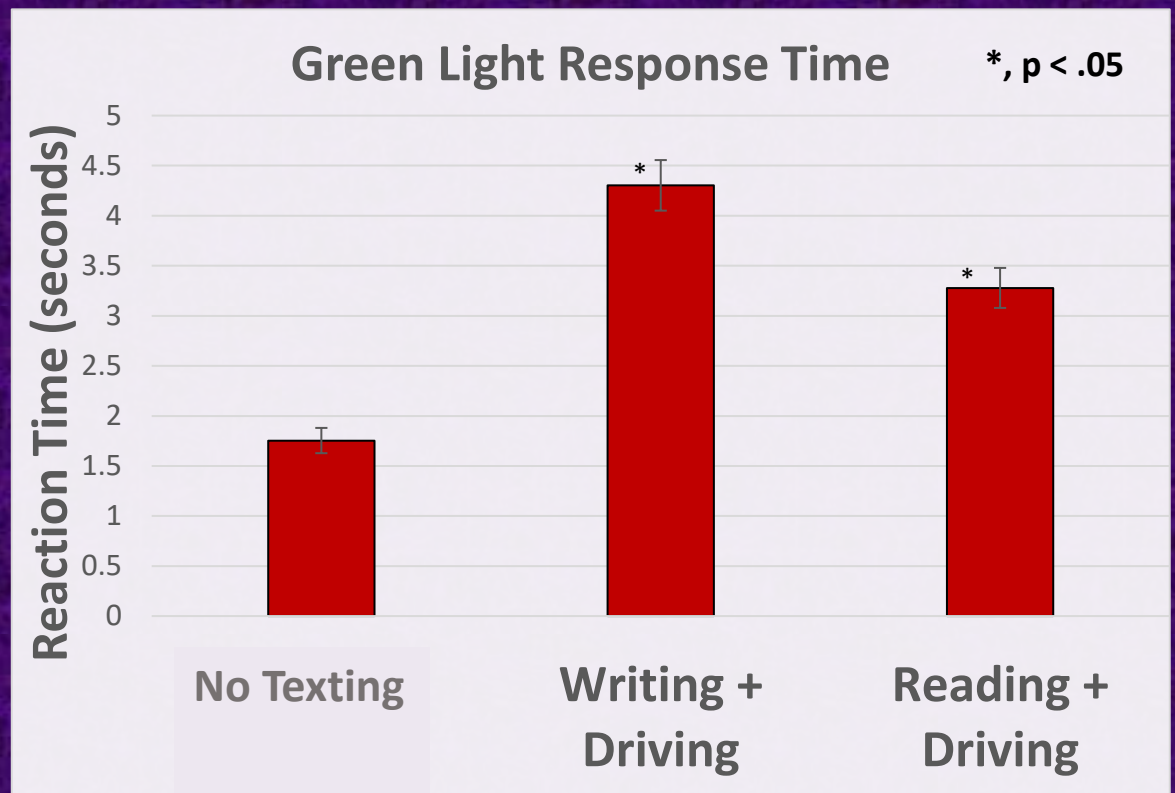


# STOP Texting While Driving

Reading and writing text messages makes you **2x as slow** at reacting to events on the road



Voice commands are no better. Even over Siri, messaging halves your reaction time

**Charlie Christoffersen:**

<https://tinyurl.com/nkzp52ds>

Sources: <https://tinyurl.com/f6n5ztcj>

<https://tinyurl.com/cd64rzhe>