

Contents

Part One Overview	1
Chapter 1: Introduction	1
About the Book	1
Assumptions about You	4
About the Authors	6
Icons Used in this Book	8
Chapter 2: Optimizing your car for fuel efficiency and performance	11
So you drive a gas guzzler	11
Why worry about getting better gas mileage?	12
Benefits to optimizing your vehicle	13
Hybrid vehicles and alternative fuels are expensive and not readily available	19
What the auto dealers and the government are NOT telling you	20
Here's what you'll learn that you won't hear anywhere else	26
What is the purpose of your vehicle and how do you drive it?	27
The LED Method of Optimizing your Vehicle	29
The Three Levels of Optimization	30
The Action Time Frame	31
How do you measure and monitor your gains?	32
Before You Make any Changes to Your Vehicle	35

Part Two The LED Method for Getting Better Gas Mileage and Saving Money 37

Chapter 3: Preventing Energy Losses that Drain your Vehicle of Power and Increase Fuel Consumption 39

Types of Losses39
Reducing Friction Losses 40
Tips and Techniques for Reducing Friction Losses 45
Reducing Mechanical Load Losses 53
Tips and Techniques for Reducing Mechanical Load Losses..... 64
Reducing Heat and Noise Losses 71
Tips and Techniques for Reducing Heat and Noise Losses 73
Energy Losses – The BIG Picture 73

Chapter 4: Optimizing Engine Efficiency 75

Internal Combustion Basics and Optimum Tuning..... 75
Optimizing Air Delivery 79
Tips and Techniques for Optimizing Air Delivery 81
Optimizing Fuel Quality and Delivery..... 87
Tips and Techniques for Optimizing Fuel Quality and Delivery 91
Optimizing Fuel/Air Combustion, Ignition and Timing 98
Tips and Techniques for Optimizing Combustion, Ignition and Timing 106
Optimizing Engine Exhaust 110
Tips and Techniques for Optimizing Engine Exhaust 118
Optimizing Lubrication and Cooling 123
Optimizing Mechanical Health and Tuning 124
Tips and Techniques for Optimizing Mechanical Health and Tuning 126

Chapter 5: Alternative Fuels and Our Environment 129

Beyond gasoline or diesel – alternative fuels 129

Diesel and Bio-Diesel 131
Other Alternatives 133
Our Environment 134

Chapter 6: Driving Technique and Energy Management 135

Driving Technique Can Improve Your Gains or Take Them Away! 135
Energy Management 137
Bad Driving Behavior 141
Good Driving Habits 143

Chapter 7: Putting It All Together 161

Recap - LED Method for Getting Better Gas 161
The Psychology of Energy Management 163

Part Three Additional Information and Resources 167

Factors Affecting Gas Mileage (Other than the Energy Content of Fuel) 167
Learn more about saving money and getting better gas mileage 169
Other books and products available 169

Part Four Index of Tips and Techniques 170

Tips for Reducing Losses 170
Tips for Increasing Efficiency 171
Tips for Driving Technique 172