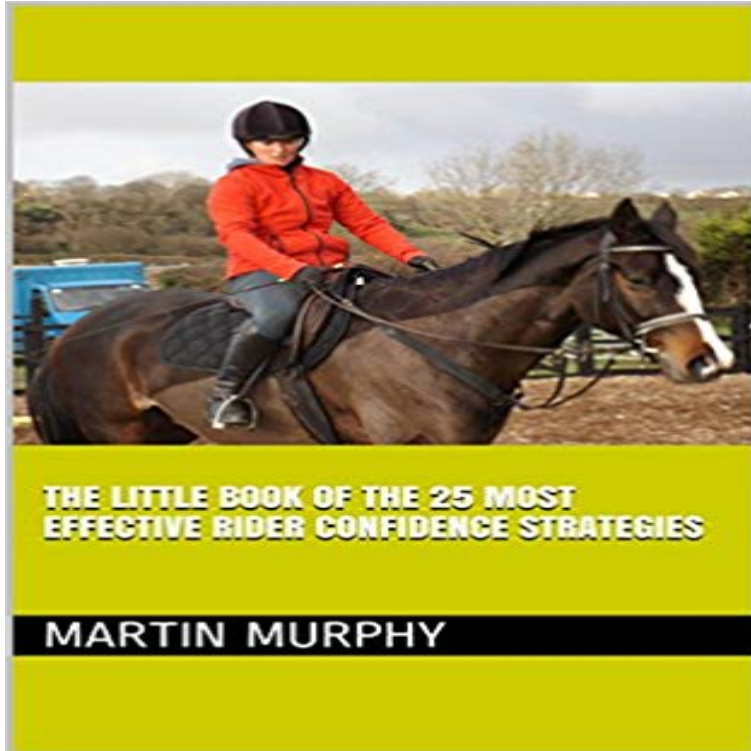


The little book of the 25 most effective rider confidence strategies



An easy to read explanation of the 25 most effective mental strategies to increase a riders confidence allowing them to enter the peak performance zone. Excellent for riders whether entering into competitions, going for lessons or just having fun. It is a culmination of ideas gained from years of working with riders specifically on confidence issues. The author is a regular contributor to national magazines such as Horse & Rider, Horse magazine and travels internationally helping riders overcome confidence issues and get into the peak performance zone. I found this little book to be jammed packed with thought-provoking strategies for working with horses; and for making life in general a little easier. The author has distilled a life-time of working with horses and riders into 25 strategies that anyone, horse-lover or anyone can follow. Sometimes the basics are best. Great read. Great help. ~ jesurmi

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