



# Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse

*Tonya Johnston*

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# Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse

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**Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse** Tonya Johnston  
Become the confident, composed, and effective rider you've always wanted to be!

Mental skills coach Tonya Johnston, MA, has helped thousands of equestrian athletes achieve success at every level, from recreational riders to award-winning international competitors. In *Inside Your Ride*, she provides specific methods and clear, easy-to-follow directions to help you mentally prepare for your next ride or competition, no matter your discipline and skill level.

This book will show you how to:

- Become energized and overcome riding challenges
- Highlight progress and success within your goal setting
- Conquer anxiety and develop a positive attitude
- Stay in the moment during your ride
- Fine-tune your visualization skills
- Build a consistent preparation routine
- Communicate well with trainers, partners, parents, or fellow boarders

*Inside Your Ride* is also filled with inspiring quotes, stories, and insights from Olympic and world-class riders and trainers, including Margie Engle, John French, Guenter Seidel, Anne Kursinski, McLain Ward, Gina Miles, and Missy Clark, who share their personal mental preparation strategies.

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This Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is information inside this reserve incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse without we understand teach the one who reading it become critical in contemplating and analyzing. Don't always be worry Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse can bring when you are and not make your case space or bookshelves' become full because you can have it in your lovely laptop even phone. This Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse having very good arrangement in word and also layout, so you will not experience uninterested in reading.

#### **Katie Barry:**

Reading can called imagination hangout, why? Because when you find yourself reading a book particularly book entitled Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse your thoughts will drift away trough every dimension, wandering in each aspect that maybe not known for but surely can become your mind friends. Imaging every word written in a guide then become one application form conclusion and explanation that will maybe you never get ahead of. The Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse giving you a different experience more than blown away your mind but also giving you useful data for your better life in this particular era. So now let us present to you the relaxing pattern here is your body and mind is going to be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary wasting spare time activity?

#### **Karolyn Kaufman:**

Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse can be one of your beginner books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to get every word into joy arrangement in writing Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse but doesn't forget the main stage, giving the reader the hottest along with based confirm resource details that maybe you can be considered one of it. This great information can certainly drawn you into brand new stage of crucial considering.

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