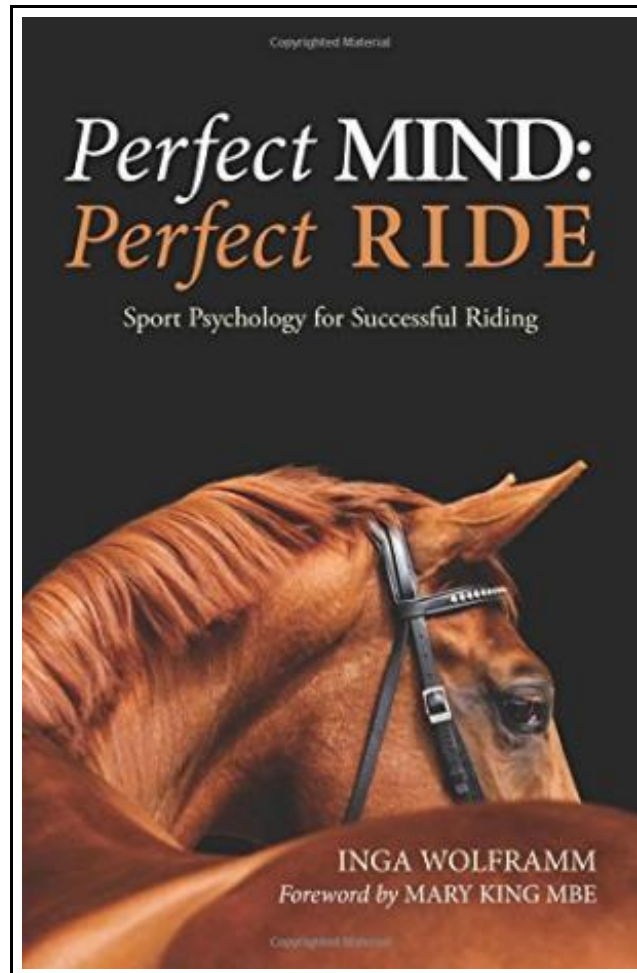


Perfect Mind, Perfect Ride: Sport Psychology for Successful Riding



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PERFECT MIND, PERFECT RIDE: SPORT PSYCHOLOGY FOR SUCCESSFUL RIDING

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Quiller Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Perfect Mind, Perfect Ride: Sport Psychology for Successful Riding, Inga Wolfram, Mary King, Possessing the right mind-set and relevant mental skills has long been considered vital in achieving top performances in all sports. And yet, to many riders mental fitness still remains something of an afterthought. In Perfect Mind: Perfect Ride, the author demonstrates how to develop and achieve the right kind of attitude, motivation and mental skills to make the most of the rider's abilities whether it be riding as a recreation or as a competitive sport. Horses are highly sensitive flight animals - they'll react first and ask questions, well, never.! In essence, this means that every time riders get on their horse, they need to be fully committed, aware and in control of their body, their thoughts and their emotions, in order to communicate with their horse in precisely the right kind of manner. The combination of research in the field of sport and performance psychology and real-life examples contained in this book will help readers identify with and understand different topics. Current scientific theories surrounding sport and performance psychology are translated into practice, allowing readers to fully understand why they think, feel and act the way they do - and what they need to do to change it. Hands-on advice on how to develop relevant attitudes and mental skills will make Perfect Mind: Perfect Ride an essential companion for the rider wanting to get more out of the sport.

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