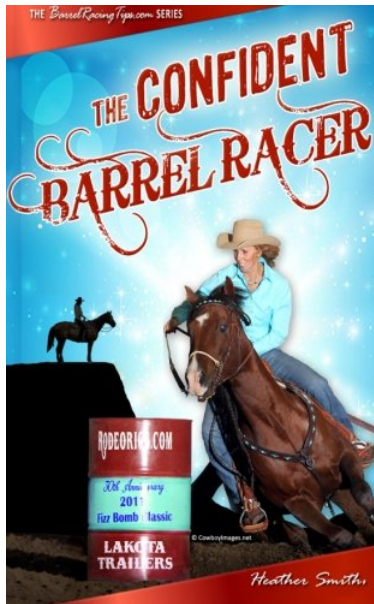


## [Download] The Confident Barrel Racer



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As a barrel racers, we put a lot of time, expense and effort into improving our skills and developing our horses. But even when we seem to be doing everything right on the outside, it's not uncommon to continuously miss the mark in competition. When this happens, the problem often lies in the rider's inner, mental game - the aspects of competition that aren't always easy to see, but have an even greater impact on the end results. Finally, *The Confident Barrel Racer* book is available to assist barrel racers in truly becoming more confident from the inside out. *The Confident Barrel Racer* covers these eight key areas, and concludes with two special bonus sections: **Challenges of Competition** - For awareness that prevents you from falling victim to the dangers in the competition environment **Fierce Love** - To finally step off the endless emotional roller coaster and create a steady, unwavering level of confidence (regardless of your results) **Self & Source** - An introduction to two key relationships, that when developed and nurtured, will absolutely turn your life around **Four Steps to Confidence** - A step-by-step guide to instilling true confidence, starting with mastering change in the moment, through integration **Be Here Now** - Learn how to "get in the zone" and create the perfect pre-run mental mindset before a run, where self-doubt cannot exist. **Practices** - Being a winner in the arena requires winning habits in ALL aspects of life - develop practices in three areas for ultimate confidence **Tips for Competition** - Specific action steps for overcoming nerves, creating

unshakable mental toughness and laser-like focus to optimize performanceConfidence Smashers - Have past experiences, horses, or people damaged your confidence? Get tips for overcoming past and present challenges.The Confident Horse - Learn barrel racing tips to build confidence in your equine partner (there's more to it than being a confident rider).Additional Resources - Recommend books, programs and more for further personal development and confidence buildingTo transform your life and barrel racing, and build a firm foundation of barrel racing confidence, get The Confident Barrel Racer today - a top resource for sports psychology for equestrians and rodeo athletes.

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