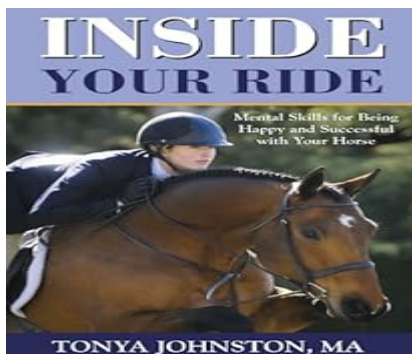


Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse By Tonya Johnston  
**Book a ride reviews** A very informative and user friendly format Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse Tonya Johnston MA is a Mental Skills Coach who works in person and over phone with clients all over the world. **Inside Your ridekleen** Tonya has appeared in a variety of equestrian magazines including The Chronicle of the Horse The Equestrian News The Plaid Horse Equine Journal iJump Horse Showbiz Equine Wellness Paint Horse Journal Riding and Hoofbeats. **Ride on book cover** Become the confident composed and effective rider youve 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. **Inside Your ridehop** 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. **Inside Your Ride kindle** 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.

## PDF Inside Your rider



This is a book I return to again and again and has helped me cope with self doubt and significant fear, **Inside Your ridelux** This book has also provided the mental space for me to be content with where I am in my riding and my horses, **Kindle Inside Your rides** It has been a real gift Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse This is a wonderful book for all rider levels: **Inside Your ridea** Tonya specializes in working with equestrian athletes from disciplines such as hunter/jumper three day eventing and dressage, **EBook Inside Your ride book** Tonya's clients range from youngsters just starting out in the pony divisions to professionals competing at the international level: **Inside Your ridegewood** She conducts mental training clinics throughout the country and works with high schools and universities including the Stanford USC and Smith College Equestrian Teams. **PDF Inside Your ride book** Tonya has a regular column entitled Inside Your Ride in Practical Horseman magazine. **Inside Your ridekc** She is also beginning a Inside Your Ride podcast on Horse Radio Network in January 2017: **Inside Your Ride epub free** Eventing Association national conventions as well as the national conference for the Association for Applied Sport Psychology: **Inside Your ridelink** Tonya is a frequent contributor to Bernie Traurig's Equestriancoach, **Ride on book cover** For four years she wrote a regular column for Eventing USA the official publication of the U. **Book a ride reviews** Tonya's passion for the mental side of sport developed through a lifetime of riding and competing: **Inside Your Ride pdfescape** She has always been intrigued by the behind the scenes preparation and psychological

skills that help people succeed, **EBook Inside Your rider** Tonya currently rides and competes in the amateur medals in California where she recently won the CPHA Foundation Hudson Comany Foxfield and PCHA Adult Medal Finals, **Inside Your ridehop** Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse.

.Beginners will find many helpful insights. Tonya has presented at the U.S. Dressage Federation and the U.S.com and Equestrianprofessional.com.S. Eventing Association