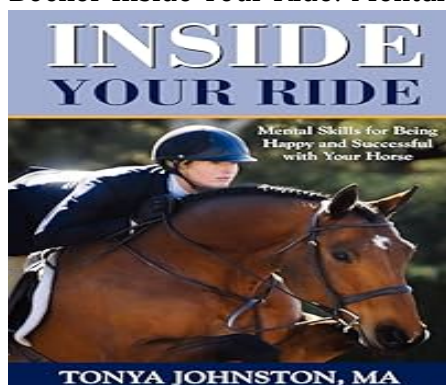


Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse By Tonya Johnston

## Inside Your ridex

Tonya's book has helped me realize that I'm allowing outside distractions and things beyond my control to interfere with my ability to ride in the present and ultimately impede my development as a rider. **Inside Your ride** I first bought the book about a year ago and while not every concept immediately seemed applicable I found plenty that had a big impact on improving my riding and which have remained useful. **Book the ride online** I recently picked it up again curious how it would read when things are going better and some of the concepts which didn't seem relevant a year ago now gave me some new perspective and tools. **Book a ride reviews** A very informative and user friendly format Pocketbok This book actually is great even if you are not a horse person! Very powerful techniques that can be easily incorporated into everyone's life to obtain the benefits of using your mind to build success. **Inside Your Ride pdf** I only wish I had the opportunity to read this book when I was competing as a Junior! With all the time we spend practicing to be our best this book can only help you become one step closer. **Inside Your ridepower** ) Some of the techniques I already knew or had figured out on my own but there were a lot of things I didn't even realize I was doing that were holding me (and my horse) back. **Bring your ride inside** I am constantly recommending it to my horse friends and barnmates and I definitely recommend it for you too!(PS: if you liked this book check out the Inside Your Ride podcast on the Horse Radio Network!) Pocketbok Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse : Johnston Tonya : Böcker Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse



: **Book the ride online** Through the tips and examples she provides throughout the book I feel like I'm on the right track for staying present and focused during my rides, **Inside Your ride** I now have a better understanding of how to mentally prepare and if I find myself drifting out of the present moment how to rein myself back in to truly be effective, **For the ride inside** I'm really looking forward to applying what I've learned to the show ring in 2017, **For the ride inside cycle** Pocketbok I've read other rider oriented sports psychology books and briefly worked in person with a sports psychologist: **Bring your ride inside** The author provides concrete things to do which resonates better with me than abstract touchy feely navel gazing: **Ride your bike inside** She guides me how to formulate the exercises and concepts into active things I do and how to apply these new tools to my riding. **Inside Your Ride kindle unlimited** The author gets the nuances of how riding differs from say basketball and frames her concepts accordingly: **PDF Inside Your rider** For each concept she explains it and illustrates it in a few different ways: **Inside Your Ride epub.pub** She includes anecdotes from top riders about their applications of sports psychology which helped me be a little forgiving of my own foibles: **Inside Your Ride kindle unlimited** After each time I looked at the book I came away looking forward to my next ride and that has been the best thing of all: **Book the ride online** The author does a great job of outlining a step by step basis for how mental skills can help you be your best. **Book a ride reviews** Pocketbok My biggest struggle with riding has

always been the mental aspect especially when it comes to showing, **For the ride inside cycle** This book has been an absolute game changer for my riding and competing (and I haven't even completed all of the exercises yet. This book has been the most useful of all. Pocketbok This is a wonderful book for all rider levels. Beginners will find many helpful insights. Simple effective and powerful. Also I loved the interjections from professional riders