



PERFECT MIND: PERFECT RIDE: SPORT PSYCHOLOGY FOR SUCCESSFUL RIDING

INGA WOLFRAMM

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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 will 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.

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