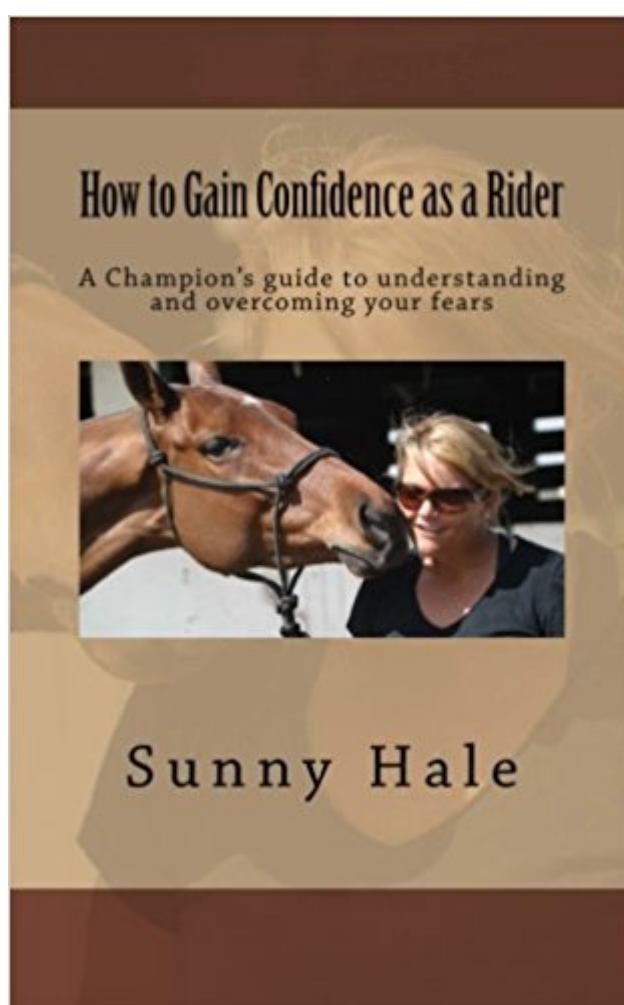


The book was found

How To Gain Confidence As A Rider: A Champion's Guide To Understanding And Overcoming Your Fears



Synopsis

Are you struggling with a lack of confidence or fighting back actual fears when you go to ride? Do you wish you could just have a great ride on the next horse instead of being focused on what might happen or go wrong? If you have experienced a little doubt creeping into your horse experience, then this is the book for you. Whether it is doubt working around horses or actual fears and worry from a past incident that happened, this book can help you overcome those doubts and begin to enjoy your horse experience to the fullest. This book includes a very straight forward four step process that you can start implementing today to help bring back or start to create the confidence you are looking for when you work with horses. Written by National Cowgirl Hall of Fame inductee Sunny Hale, this is a rare and unique opportunity to learn how to regain confidence in your riding through the eyes of a legend in the horse world with proven techniques that helped her stay at the top of her game in the Sport of Kings. To learn more about Sunny Hale go to:

www.sunnyhalepolo.com

Book Information

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Customer Reviews

Author Sunny Hale is an absolute legend in the extreme sport of Polo and the first woman in history to win the US Open Polo Championships. She is the author of 5 books and a National Cowgirl Hall of Fame inductee along the likes of Sandra Day O'Connor, Patsy Cline and Georgia O'Keefe. She is world renowned for her riding, horse training and teaching abilities and is a passionate motivational speaker encouraging others to follow their dreams no matter how impossible it seems. She has

been featured in mainstream magazines and media all over the world for her accomplishments and her character of a true champion. ESPNW compares her accomplishment as "some say she's pulled off the equivalent of being the first woman to earn a World Series Ring." The New York Times called Sunny "the most famous female polo player in the world." • To learn more about Sunny Hale and her achievements go to: www.sunnyhalepolo.com

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