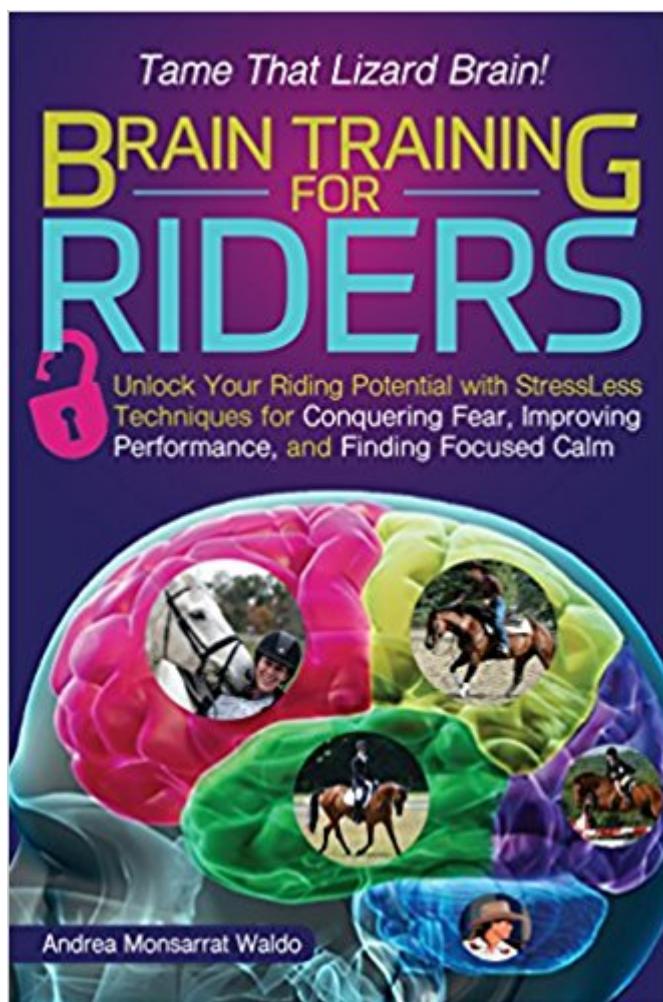


The book was found

Brain Training For Riders: Unlock Your Riding Potential With StressLess Techniques For Conquering Fear, Improving Performance, And Finding Focused Calm





Synopsis

Did you know there is an area of your brain known as the "Lizard Brain" • that thinks only about the immediate moment and your means of survival? Yes, in certain circumstances, your "Rational Brain" • can effectively "shut down" • and you are at the mercy of a reptile ... dry-mouthed, sweating, queasy, unable to think clearly; even though you know better. When does the Lizard Brain run the show? It can happen in any number of unfamiliar, uncomfortable, challenging, or "stressful" • riding situations. But here's the thing: with the right kind of training, you can learn to manage the reptile within, which leads to greater confidence with horses, better riding performance, and ultimately, happiness at the barn, at shows, and everywhere in between. Andrea Monsarrat Waldo teaches you how to: handle uncomfortable emotions, such as fear, anger, anxiety, and embarrassment; hone your mental game and focus your riding time to get the most out of your hours in the saddle; care for your emotional injuries the same way you would care for an injured horse; and produce a state of "Focused Calm" • and tap into the skills you have (whether you know it or not!) to ensure an outstanding ride.

Book Information

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Customer Reviews

Once you understand how your brain's fear response operates and why it does what it does, you can focus on how to prevent that fear from getting so big that it hijacks your ride.

OntheHorse.com, May 2017 "This well written and easy to read book is highly recommended for any rider." Horse & Pony Magazine (UK), April 2017 "Andrea Waldo knows

what it takes to overcome challenges that would flatten most people. The strategies in this book worked for her—weâ™d do well to listen.â •â "Denny Emerson, USEA Hall-of-Fame InducteeIn her new book Brain Training for Riders, professional counselor, psychotherapist, and riding instructor Andrea Monsarrat Waldo helps readers get past the survival-focused â 'lizard brainâ™ –Cover Feature Excerpt, USDF Connection, June 2017

Andrea Monsarrat Waldo holds a Masterâ™s Degree in Counseling and was a practicing psychotherapist from 1994 until 2012. She is a riding instructor certified by the United States Eventing Association and co-owner of Triple Combination Farm in Ferrisburgh, Vermont, where she trains horses and riders of all ages and abilities in the sports of eventing and dressage. Waldo currently competes through the Advanced Level in eventing, has shown through Third Level in dressage, and has brought along several horses.

This is THE most thoughtful, informative and practical book ever written on the subject of overcoming fear issues during riding. I've been struggling for years to get over a very bad crash and while I'm not 100% yet, I am making gains by leaps and bounds. If you are having fear issues stemming from moving up in rank or if you're quivering in your boots post-accident, this book is something you MUST read. It's not optional! Also, if you have a trainer that is sympathetic, but not necessarily understanding of your fears, buy a copy for them as well. There is an entire chapter directed to instructors!

I suffered a very serious injury three years ago while riding and I have had confidence issues ever since. This book has literally change my life. I have read lots of stuff on "moving forward " after an injury but Chapter 7 described exactly my feeling, so much so that I became emotional as I read it. The first time I rode my horse after reading the book and I utilized the exercises and I was finally able to relax and enjoy the ride . I was on cloud 9 the rest of the day. Not surprisingly, my horse , who is a bit on the anxious side anyway, was able to relax as well. We have been making great progress ever since. I highly recommend this book.

A good book, with lots of nice exercises. Easy read, but you have to work hard to implement this and it will take a lot of time.

This is the first book on dealing with fear of riding that has actually helped me. The concepts are

clearly explained, scientifically based, with some good old fashioned humor thrown in. Highly recommend.

Really addresses the fear we feel sometimes when working around such large animals! It made me feel like there are a lot of people out there dealing with lack of confidence around horses--even their own.

This has been helpful for my child who was thrown from a horse and had difficulty getting over that fear. She had been thrown before and was able to get back on and continue to ride. Something about this one incident caused her to freeze up. This book helped her to move through that fear and return to riding.

This book helped me in more ways than just riding! It didn't cure my anxiety, but it helped me manage it to a better extent. I highly recommend this book to anyone suffering from anxiety and PTSD, riders or otherwise.

Currently reading. Very good.

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