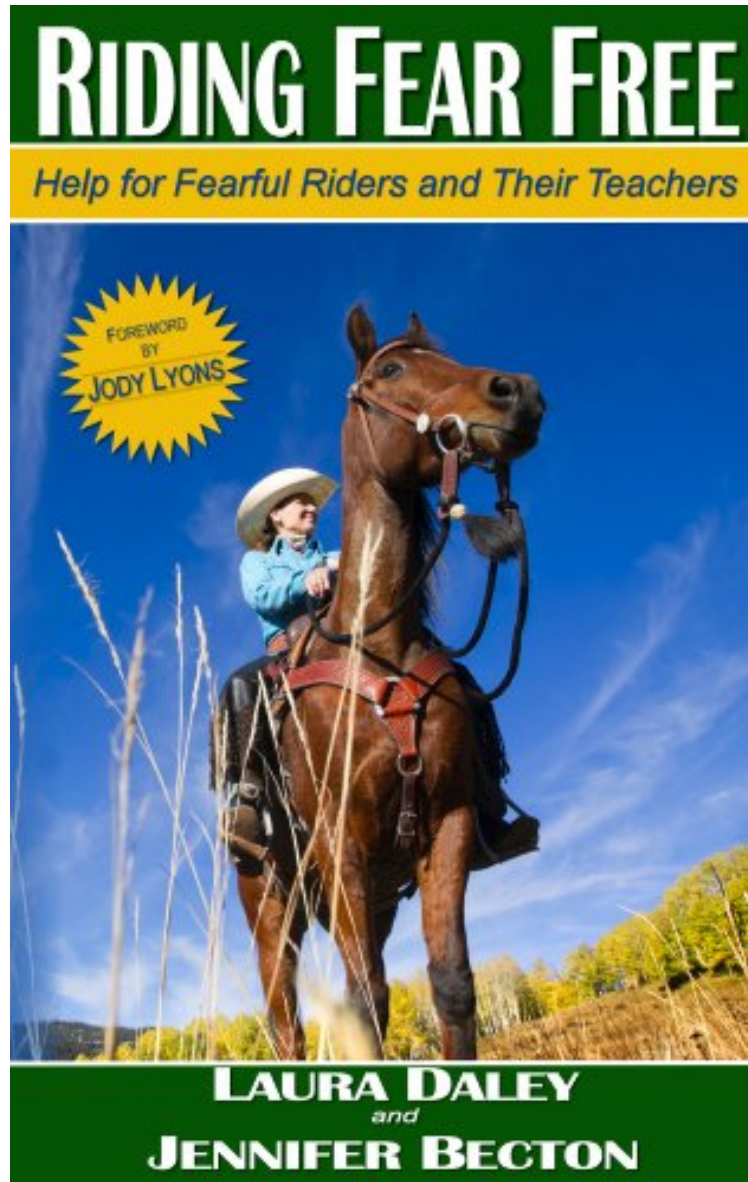


[Free] Riding Fear Free: Help for Fearful Riders and Their Teachers (English Edition)

Riding Fear Free: Help for Fearful Riders and Their Teachers (English Edition)

Von Laura Daley, Jennifer Becton

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Von Laura Daley, Jennifer Becton : Riding Fear Free: Help for Fearful Riders and Their Teachers (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Riding Fear Free: Help for Fearful Riders and Their Teachers (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. good for riding instructorsVon elizabeth wassermannthis book is pretty comprehensive for people who are committed to overcoming fear. however a good deal of it is aimed at riding instructors, and those parts weren't as interesting to me. i recommend this book to anyone who teaches riding.

KurzbeschreibungAre you a fearful rider? Have you been searching for help in overcoming your fear so that you can finally achieve your horseback riding dreams? Or are you a riding instructor or horse trainer who struggles to convince fearful students that they can ride with confidence?If so, Riding Fear Free can help.Riding Fear Free goes beyond the traditional equitation and horse training advice and straight to the heart of the matter by addressing the true problem: Fear.Learn how the scientific principles of fear extinction and memory replacement can be applied at the barn and under saddle so that you will never have another fearful ride.Learn How to:Rate Your Fear Level,See the Reality of Your Situation,Deal with Emotions, andReplace Fear Memories.Features* Full-color photographs* Illustrations* Linked table of contents* Online support discussion boardPlease note: The US edition of this ebook differs from the UK edition (here: <http://www. .com/dp/B008O8CF62>) in cover only. Because the principles in Riding Fear Free apply to all equestrians, regardless of their riding style, the text remains the same in both editions.KurzbeschreibungAre you a fearful rider? Have you been searching for help in overcoming your fear so that you can finally achieve your horseback riding dreams? Or are you a riding instructor or horse trainer who struggles to convince fearful students that they can ride with confidence?If so, Riding Fear Free can help.Riding Fear Free goes beyond the traditional equitation and horse training advice and straight to the heart of the matter by addressing the true problem: Fear.Learn how the scientific principles of fear extinction and memory replacement can be applied at the barn and under saddle so that you will never have another fearful ride.Learn How to:Rate Your Fear Level,See the Reality of Your Situation,Deal with Emotions, andReplace Fear Memories.Features* Full-color photographs* Illustrations* Linked table of contents* Online support discussion boardPlease note: The US edition of this ebook differs from the UK edition (here: <http://www. .com/dp/B008O8CF62>) in cover only. Because the principles in Riding Fear Free apply to all equestrians, regardless of their riding style, the text remains the same in both editions.ber den Autor und weitere MitwirkendeLaura Daley is a professional horse trainer and registered Professional Association of Therapeutic Horsemanship (PATH) riding instructor. Laura's specialty is helping fearful riders overcome their fears. Using techniques she has developed over her lifetime of teaching, she has helped hundreds of once-fearful people become fear free. She combines the same conditioned-response methods she uses on horses with techniques that help riders accept and take control of their emotions in healthy and safe ways. Jennifer Becton is the expert in being afraid. She is also an editor, publisher, and successful independent author.