



Training From the Neck Up: A Practical Guide to Sport Psychology for Riders

April Clay

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This book assists horse riders of all disciplines with developing mental training skills to improve learning and performance. It is divided into two sections, the first offers instruction in basic psychological skills such as focus control, managing show ring jitters and visualization. The second section deals with special issues in training and competition. An essential and easy to read guide for mental training, complete with illustrations and a means to track your progress.

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