



# **Riding Fear Free, black & white: Riding Fear Free: Help for Fearful Riders and Their Teachers (Black & White Edition)**

*Laura Daley, Jennifer Becton*

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[Black-and-white Edition] Are 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 who struggles to convince your 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 goes 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.

You will learn to:

- \* Rate your fear level
- \* See the reality of your situation
- \* Deal with emotions
- \* Replace fear memories

This book features black-and-white images and illustrations to inspire readers as they take the journey to *Riding Fear Free*. Please Note: *Riding Fear Free* is available in two paperback editions to suit any budget. This is the black-and-white edition.

### **Editorial Review**

For over 30 years I've been helping people with their horses. Many of those riders had fear issues and I didn't always know how to help the fear. *Riding Fear Free* changed all that.

This is the book I've been waiting for - without even knowing it. Trying to help riders with fears I often didn't understand was frustrating. And there just wasn't much help out there for fearful riders or those working with them - until now. These authors truly understand the various types of fear and most importantly commonsense, simple ways to fix them. Laura writes with the wisdom of someone who has a great deal of experience and insight into all kinds of fear.

There is, of course, the "good fear" that keeps us out of a truly dangerous situation. But the unfounded or no longer valid fears that hang over riders, sucking the fun out of horse activities, are what this book will help. *Riding Fear Free* covers every imaginable aspect of fear, horse and environment. You can not only ride in spite of fear, you can get rid of it.

- If you find yourself making excuses not to ride, "I really should do that laundry..." you need this book.
- If you get "butterflies" or a knot in your stomach when you think about riding your horse - you need this book.

- If you are an instructor who has searched for ways to help students who feel fear you've never felt - you need this book.
- If you are an instructor who has felt fear of riding - you need this book for both your own healing and your students' healing.

Kathy Huggins

John Lyons Certified Trainer

Owner, Cedar Creek Training Stables

*FTC Disclaimer: I received an advanced reader copy from the publisher in exchange for a fair and honest review of the book and I did not receive payment of any kind.*



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### **From reader reviews:**

#### **Thad Whitehead:**

A lot of people always spent their particular free time to vacation as well as go to the outside with them family or their friend. Did you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity this is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you simply read you can spent the entire day to reading a e-book. The book Riding Fear Free, black & white: Riding Fear Free: Help for Fearful Riders and Their Teachers (Black & White Edition) it is very good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. If you did not have enough space to bring this book you can buy the particular e-book. You can m0ore easily to read this book from the smart phone. The price is not too expensive but this book features high quality.

#### **Anita Jones:**

Riding Fear Free, black & white: Riding Fear Free: Help for Fearful Riders and Their Teachers (Black & White Edition) can be one of your beginning books that are good idea. We all recommend that straight away because this book has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort that will put every word into enjoyment arrangement in writing Riding Fear Free, black & white: Riding Fear Free: Help for Fearful Riders and Their Teachers (Black & White Edition) nevertheless doesn't forget the main position, giving the reader the hottest and based confirm resource details that maybe you can be among it. This great information could drawn you into brand-new stage of crucial pondering.

#### **Gregory Anderson:**

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#### **Joseph Langley:**

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