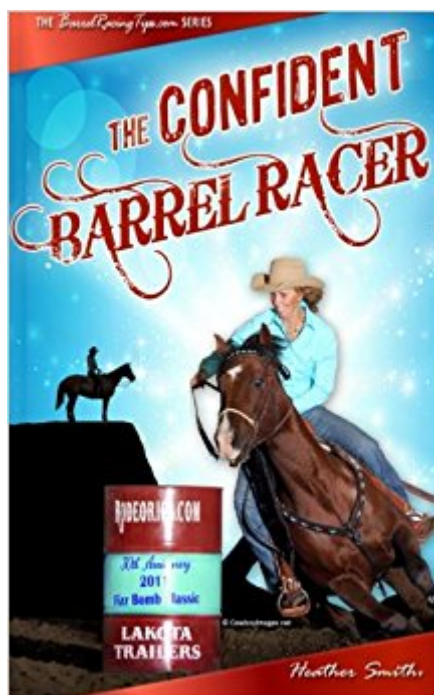


The book was found

The Confident Barrel Racer



Synopsis

As barrel racers, we put a lot of time, expense and effort into improving our skills and developing our horses. But even when we seem to be doing everything right on the outside, it's not uncommon to continuously miss the mark in competition. When this happens, the problem often lies in the rider's inner, mental game - the aspects of competition that aren't always easy to see, but have an even greater impact on the end results. Finally, *The Confident Barrel Racer* book is available to assist barrel racers in truly becoming more confident from the inside out. *The Confident Barrel Racer* covers these eight key areas, and concludes with two special bonus sections:

- Challenges of Competition - For awareness that prevents you from falling victim to the dangers in the competition environment
- Fierce Love - To finally step off the endless emotional roller coaster and create a steady, unwavering level of confidence (regardless of your results)
- Self & Source - An introduction to two key relationships, that when developed and nurtured, will absolutely turn your life around
- Four Steps to Confidence - A step-by-step guide to instilling true confidence, starting with mastering change in the moment, through integration
- Be Here Now - Learn how to "get in the zone" and create the perfect pre-run mental mindset before a run, where self-doubt cannot exist.
- Practices - Being a winner in the arena requires winning habits in ALL aspects of life - develop practices in three areas for ultimate confidence
- Tips for Competition - Specific action steps for overcoming nerves, creating unshakable mental toughness and laser-like focus to optimize performance
- Confidence Smashers - Have past experiences, horses, or people damaged your confidence? Get tips for overcoming past and present challenges.
- The Confident Horse - Learn barrel racing tips to build confidence in your equine partner (there's more to it than being a confident rider).
- Additional Resources - Recommend books, programs and more for further personal development and confidence building

To transform your life and barrel racing, and build a firm foundation of barrel racing confidence, get *The Confident Barrel Racer* today - a top resource for sports psychology for equestrians and rodeo athletes.

Book Information

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Customer Reviews

"I absolutely LOVED your book. I am so thankful for your insights... I feel like I am on the same journey, and by reading your book I have been fast-forwarded. I know I need to grow personally to overcome my confidence struggles. My heart aches to be back on top again, and I won't stop trying. Thank you for your inspiration!" - Stephanie W.

"I am constantly trying to learn all I can and improve. This led me to your book. I wanted to let you know what a profound effect "The Confident Barrel Racer" had on me. I was brought to tears when I got to the part where you talked about riding with your mentors. I struggle with confidence every day and just having this resource available means a lot." - Audrey R.

"I have really high standards for myself; therefore, those expectations are carried over towards my horses. But I am learning to appreciate what my horse is doing good and not being so critical. I appreciate that you are willing to put the time and effort into helping barrel racers become better athletes as well as a better individuals. Thanks again." - Chezie D.

"This book really increased my confidence with my horse. It's so well organized and perfect for anything you want to get more confident with. I can't wait to pass it on to my students to read!" - Allison G.

Visit BarrelRacingTips.com to receive FREE downloadable gifts with purchase of books in the BarrelRacingTips.com series!

I chose 5 stars because of the simplicity of the book. It was written from the heart and simply put to the reader. One could not ask for a better read. It takes the reader down a nice path with options to choose from and one will definitely fit you.

Lots of great information. I enjoyed reading the book.

This was a fantastic book! I read it to give me ideas of how to help my students have more confidence! Definitely gonna share tips with them! Thank u Heather for writing this.

Very good info. For barrel racers and for horse training. Great advice even for the back yard horse person. Thank you . Stacy k.

Love this book from cover to cover. I couldn't put it down. Heather puts her heart out there to help others on their journey. Thank you Heather Smith!

Totally love this book. So spot on for me. I will read it again. It is amazing. Thank you Heather for letting me know I can love myself. God I already adore.

Great information and have learned a lot!

This is a book that even not being a barrel racer could read and enjoy the confidence building. A must for every young being.

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