



It's Not Just About the Ribbons: It's About Enriching Riding (and Life) with a Winning Attitude

Jane Savoie

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This follow-up to the bestselling sports-psychology title *That Winning Feeling!* is sure to interest riders of all styles and skill levels. Delving into the world of mental training, this reference explores the psychology of the rider both on horseback and in daily life. Specially commissioned watercolor illustrations and color photos complement the text, which prescribes solutions to the common fears and pessimism that riders experience in competition and ultimately improves the quality of life for both horse and rider.



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