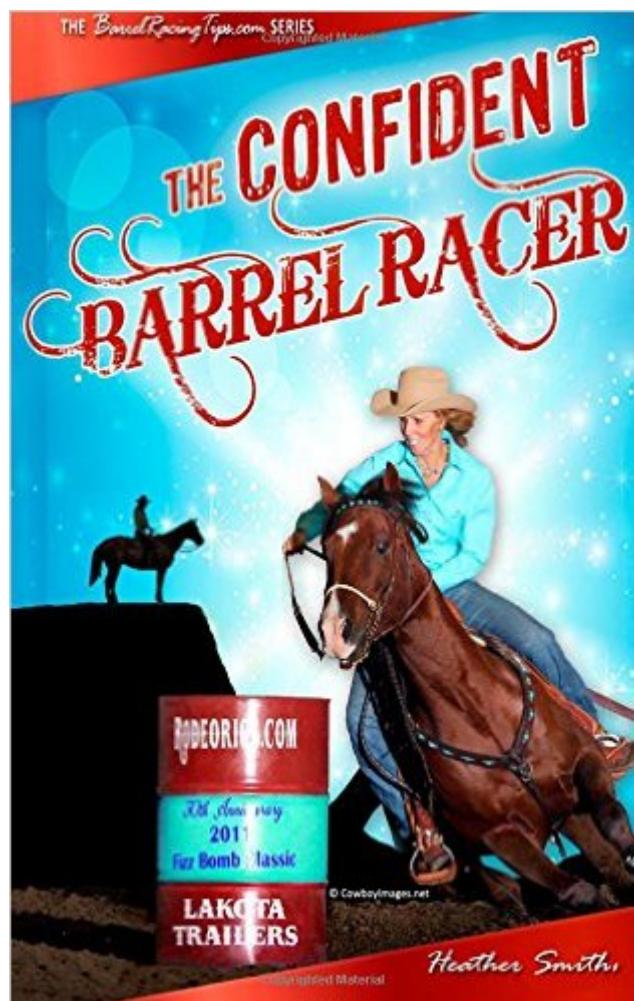


The book was found

The Confident Barrel Racer



Synopsis

Barrel racers put a lot of time, expense and effort into improving their skills and developing their horses. But even when they seem to be doing everything right on the outside, it's not uncommon to continuously miss the mark in competition. The problem often lies in inconsistencies or weaknesses in the rider's inner game – the aspects of competition that aren't always easy to see, but have perhaps an even greater impact on the end results. Finally, a resource has been created to assist barrel racers on the path to truly becoming more confident from the inside out. The Confident Barrel Racer covers eight key areas and concludes with two special bonus sections. • Challenges of Competition – Develop awareness that prevents you from falling victim to the dangers that exist in the competition environment. • Fierce Love – Get off the endless roller coaster of emotions to develop a steady, unwavering level of confidence regardless of your circumstances or results. • Self & Source – An introduction to two key relationships, that when developed and nurtured, will turn your life around. • Four Steps to Confidence – A step-by-step guide to creating confidence, by helping you to first master change in the moment, then offering support all the way through integration. • Be Here Now – Today is a gift, that is why we call it the present. Learn how to be in the moment, the perfect mental space to be in a run, where self-doubt cannot exist. • Practices – Being a winner in the arena means developing winning habits in all aspects of life. Develop practices in three areas to optimize your confidence. • Tips for Competition – Specific action steps for overcoming nerves, getting into the perfect mindset, and creating laser-like focus to perform your best. • Confidence Smashers – Have past experiences, horses, or people damaged your confidence? Get tips for overcoming past and present challenges. • The Confident Horse – There's more to developing a confident horse than just being a confident rider. Learn how to build your equine partner's confidence. • Additional Resources – Recommend books, programs and more for further personal development and confidence building.

Book Information

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Customer Reviews

I have struggled for many years trying to feel like I have mentally prepared myself to be a successful barrel racer. It seems like it was always one step forward, two steps back. The Confident Barrel Racer has really helped me understand and realize the areas in my life that have held me back from being successful and also provided me with the tools required to advance my mental thinking and provide me with the confidence I need to compete at the highest level. This book is absolutely amazing

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.

I just wanted to let you know what a profound effect "The Confident Barrel Racer" has had on me. I was brought to tears when I got to the part where you talked about riding with your mentors and being brought to tears. Last spring I attended a Dena Kirkpatrick clinic and was brought to tears the first day. I had so much respect for Dena and was trying so hard to implement the changes she gave me and it just wasn't happening. I could feel the tears coming and the second my "turn" was over, I ran my horse to the trailer and then sat and cried. My husband, who went with me to support me, was so frustrated with me and couldn't understand why I was so upset. The worst part was that I didn't understand why I was so upset either, until now. Thank you so much for writing this! As someone new to the sport and to riding in general, I struggle with confidence every day and just having this resource available means a lot. I have since acquired a "project" horse that had been blown up on the pattern and thanks to all of your resources, we making huge strides. Thanks again!

This gem is small enough to keep in your glove box, short enough to draw some really conclusive points from, and powerful enough to get your attitude back on track. I'm so thankful I ran across this book for sake of me not wasting any more money on runs because of my confidence.

Like an ernest heartfelt conversation, The Confident Barrel Racer is full of encouraging words and tips to up your confidence and boost your game! Thanks again, Heather Smith for sharing your knowledge and experience!! Your books have really helped me a lot. KNOWLEDGE TRULY IS POWER!!!

This book really helped me with my confidence with my horse. It was so well organized! I plan to do eventing with my horse and this book is perfect for anything you want to get more confident with. Can't wait to pass it on to my students to read.

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.

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.

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