



How to Gain Confidence as a Rider: A Champion's guide to understanding and overcoming your fears

Sunny Hale

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Are you struggling with a lack of confidence or fighting back actual fears when you go to ride? Do you wish you could just have a great ride on the next horse instead of being focused on what might happen or go wrong? If you have experienced a little doubt creeping into your horse experience, then this is the book for you. Whether it is doubt working around horses or actual fears and worry from a past incident that happened, this book can help you overcome those doubts and begin to enjoy your horse experience to the fullest. This book includes a very straight forward four step process that you can start implementing today to help bring back or start to create the confidence you are looking for when you work with horses. Written by National Cowgirl Hall of Fame inductee Sunny Hale, this is a rare and unique opportunity to learn how to regain confidence in your riding through the eyes of a legend in the horse world with proven techniques that helped her stay at the top of her game in the Sport of Kings. To learn more about Sunny Hale go to:

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