



# **Brain Training for Riders: Unlock Your Riding Potential with StressLess Techniques for Conquering Fear, Improving Performance, and Finding Focused Calm**

*Andrea Monsarrat Waldo*

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Did you know there is an area of your brain known as the “Lizard Brain” that thinks only about the immediate moment and your means of survival? Yes, in certain circumstances, your “Rational Brain” can effectively “shut down” and you are at the mercy of a reptile ... dry-mouthed, sweating, queasy, unable to think clearly—even though you know better. When does the Lizard Brain run the show? It can happen in any number of unfamiliar, uncomfortable, challenging, or “stressful” riding situations. But here’s the thing: with the right kind of training, you can learn to manage the reptile within, which leads to greater confidence with horses, better riding performance, and ultimately, happiness at the barn, at shows, and everywhere in between. Andrea Monsarrat Waldo teaches you how to: handle uncomfortable emotions, such as fear, anger, anxiety, and embarrassment; hone your mental game and focus your riding time to get the most out of your hours in the saddle; care for your emotional injuries the same way you would care for an injured horse; and produce a state of “Focused Calm” and tap into the skills you have (whether you know it or not!) to ensure an outstanding ride.

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