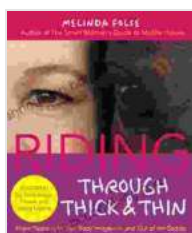


Make Peace with Your Body and Banish Self-Doubt In and Out of the Saddle

Are you tired of feeling self-conscious about your body? Do you struggle with negative thoughts and self-doubt, especially when you're riding? If so, this book is for you.



Riding Through Thick and Thin: Make Peace with Your Body and Banish Self-Doubt--In and Out of the Saddle

by Melinda Folsie

★★★★☆ 4.5 out of 5

Language : English
File size : 1710 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 434 pages
Screen Reader : Supported



Make Peace with Your Body and Banish Self-Doubt In and Out of the Saddle is a practical guide to help you overcome body image issues and build a more positive relationship with your body.

This book will help you:

- Identify and challenge negative body thoughts
- Develop a more positive body image

- Build self-confidence and self-esteem
- Improve your riding performance

If you're ready to make peace with your body and banish self-doubt, this book is for you.

What's inside the book?

Make Peace with Your Body and Banish Self-Doubt In and Out of the Saddle is divided into three parts:

1. **Part 1: Understanding Body Image**
2. **Part 2: Developing a Positive Body Image**
3. **Part 3: Using Your Body Image to Improve Your Riding**

In Part 1, you'll learn about the different factors that can contribute to body image issues, including media, social media, and personal experiences.

In Part 2, you'll learn how to challenge negative body thoughts, develop a more positive body image, and build self-confidence.

In Part 3, you'll learn how to use your body image to improve your riding. You'll learn how to overcome fear and anxiety, improve your balance and coordination, and build a stronger connection with your horse.

Who is this book for?

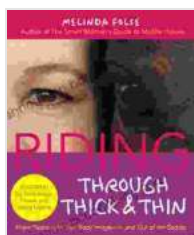
Make Peace with Your Body and Banish Self-Doubt In and Out of the Saddle is for anyone who struggles with body image issues, especially if they're a rider.

If you're tired of feeling self-conscious about your body, this book will help you make peace with your body and banish self-doubt.

Free Download your copy today!

Make Peace with Your Body and Banish Self-Doubt In and Out of the Saddle is available now on Our Book Library. Free Download your copy today and start building a more positive relationship with your body.

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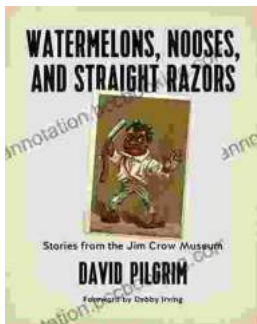
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