



The Thinking Rider: Unlock Your Peak Performance

Dr. Robert J. Schinke

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"Improve your mental game and enjoy riding as never before. To think that the rise and fall of athlete performance on a given day can be explained by random luck or fate is a mistake." —Dr. Robert Schinke

Dr. Robert Schinke has concentrated his attentions on the psychological aspect of sport training in general and equestrianism in particular. He offers the reader a wider repertoire of skills to aid the motivational approach to riding. This book deals with sport confidence, optimism, emotional management, practicing techniques, and performance perspectives. The author delves deep into the behavior of equestrians, providing practical techniques that will be of use to every rider from the aspiring national competitor to the recreational rider, and his or her coach.

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