



# BRAIN TRAINING FOR RIDERS AUDIOBOOK

Written and Read by Andrea Monsarrat Waldo

# TRACK LIST

TRACK NUMBER: BRAIN TRAINING FOR RIDERS AUDIOBOOK

- 1 Intro Credits
- 2 Title Credits
- 3 Dedication
- 4 Introduction
- 5 How to Use This Book
- 6 Ch 1: Meet Your Inner Lizard
- 7 Why Do You Ride?
- 8 Why Do I Do That When I'm Nervous?
- 9 A Quick Tour of the Brain
- 10 It Works If You Do It
- 11 Ch 2: Stress Less: Don't Let the Lizard Hold the Reins
- 12 Confidence Means Owning Your Abilities
- 13 Ch 3: Watch Your Language
- 14 Positive Self-Talk
- 15 Brain Traps
- 16 Restructuring the Committee
- 17 Practice Anytime, Anywhere
- 18 Ch 4: The Keys to Your Brain (Stressing Less)
- 19 Any Time, Any Place
- 20 Ch 5: How to Get Better, Faster
- 21 Practice Makes...Mistakes
- 22 Comfortable Discomfort?
- 23 Handy Survival Skills
- 24 Ch 6: Competing with Confidence
- 25 Defining Success
- 26 The Plan: Your Roadmap to Achievement
- 27 The Aftermath
- 28 Ch 7: I Just Can't Get Over It
- 29 The Big One
- 30 Staging a Comeback
- 31 When You Just Can't Get Over It
- 32 Ch 8: The Right Horse Brings Less Stress
- 33 Opening Pandora's Box
- 34 Good Times: The Exception or the Rule?
- 35 Eight Odd Couples
- 36 I'm Riding the Wrong Horse...Now What?
- 37 When It's Time to Move On
- 38 Ch 9: Make Your Brain Your Ally
- 39 Times Really Have Changed
- 40 Making Hard "Fun"
- 41 Know Thyself
- 42 Positive Teaching
- 43 The Not-So-Magnificent Seven

TRACK NUMBER: BRAIN TRAINING FOR RIDERS AUDIOBOOK

- 44 Be Willing to Let Go
- 45 Final Thoughts
- 46 Acknowledgments
- 47 End Credits
- 48 End Credits
- 49 End Credits
- 50 Exercise: Visualization (Ch 1)
- 51 Exercise: Recognize Your FOFR (Ch 2)
- 52 Exercise: What Are You Really Afraid Of? (Ch 2)
- 53 Exercise: Reassuring Your Fear (Ch 2)
- 54 Exercise: Develop a Plan (Ch 2)
- 55 Exercise: What Do You Know How to Do? (Ch 2)
- 56 Exercise: Turn It Around (Ch 3)
- 57 Exercise: Escape from Your Brain Traps (Ch 3)
- 58 Exercise: The Picture of Focused Calm (Ch 4)
- 59 Exercise: Single-Point Focus (Ch 4)
- 60 Exercise: Performance Self (Ch 4)
- 61 Exercise: Delete Extraneous Thoughts (Ch 4)
- 62 Exercise: How to Get Rid of a Purple Elephant
- 63 Exercise: Mantras (Ch 4)
- 64 Exercise: Channel Your Favorite Rider (Ch 4)
- 65 Exercise: When Have You Put Yourself Out There? (Ch 5)
- 66 Exercise: Getting Comfortable with Discomfort (Ch 5)
- 67 Exercise: Spooking: Own His Eyeballs (Ch 5)
- 68 Exercise: How to Stop a Speeding Train (Ch 5)
- 69 Exercise: The Man from Snowy River (Ch 5)
- 70 Exercise: Look, Ma, No Hands! (Ch 5)
- 71 Exercise: Ride Ugly (Ch 5)
- 72 Exercise: What Is a Successful Show Season (Ch 6)
- 73 Exercise: What Are Your Goals? (Ch 6)
- 74 Exercise: Write Out Your Own Goal (Ch 6)
- 75 Exercise: Practice for Show Situations (Ch 6)
- 76 Exercise: Give the Lizard Some Air Time (Ch 7)
- 77 Exercise: The Comeback Plan (Ch 7)
- 78 Exercise: Write Your Personal Ad (Ch 8)
- 79 Exercise: Your Training Personality (Ch 9)