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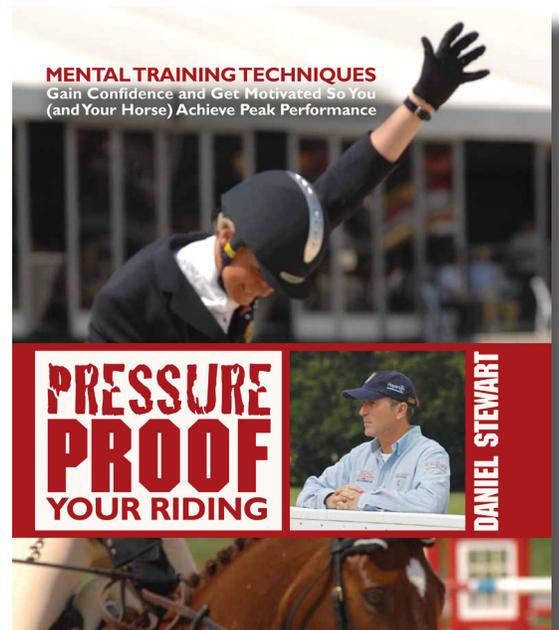
As a sport psychology expert and international riding coach, Daniel has spent a lifetime training equestrian athletes to *Pressure Proof* their riding. In this book, he shares dozens of specific tools and tricks that can be used to manage the stress, nerves, distraction, and panic that so often hinder performance. You'll find clearly defined, individual steps to mental and physical success in the saddle, including: ways to strengthen mental imagery and handle "brain babble"; goal-setting tools; stress management tips; relaxation techniques; and so much more.

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DANIEL STEWART has been a successful international trainer and instructor for over 20 years. He's trained riders in the United States, Spain, Portugal, Canada, Mexico, Belgium, United Arab Emirates, Greece, and the West Indies. From 2000 to 2006 he coached riders on several US Equestrian Teams to success at World Championships, World Equestrian Games, and Olympics. Daniel is widely considered one of the world's leading experts on equestrian sport psychology, biomechanics, and athletics. He teaches clinics and seminars to thousands of riders each year and is a popular guest speaker at many national and international conventions. When not on the road teaching his Pressure Proof clinics, Daniel lives in Naples, Florida.

“Daniel’s enthusiasm is infectious, and his attitude toward emotional challenges makes having nerves and insecurities seem so normal—and so manageable.”

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Editor, *Eventing USA*



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