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Get Ready to Tame That Lizard Brain

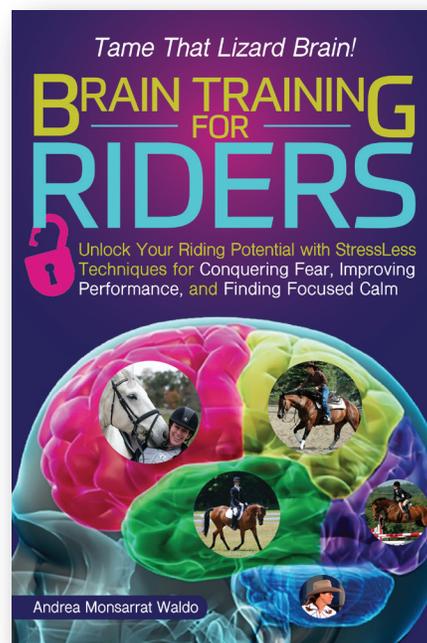
BRAIN TRAINING FOR RIDERS

Unlock Your Riding Potential with Stressless Techniques for Conquering Fear, Improving Performance, and Finding Focused Calm

by **ANDREA MONSARRAT WALDO**

Trafalgar Square Books is pleased to announce the release of *Brain Training for Riders* by Andrea Monsarrat Waldo.

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 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 and at shows. Andrea Monsarrat Waldo teaches you how to: handle uncomfortable emotions, such as fear, anger, and anxiety; 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.



ANDREA MONSARRAT WALDO holds a Master’s Degree in Counseling and was a practicing therapist from 1994 until 2012. She is a riding instructor certified by the United States Eventing Association and co-owner of Triple Combinations Farm in Ferrisburgh, VT, where she trains horses and riders of all ages and abilities in the sports of eventing and dressage. Waldo currently competes through the advanced level in

eventing, has shown through Third Level in dressage, and has brought along several horses.

“Andrea Waldo knows what it takes to overcome challenges that would flatten most people. The strategies in this book worked for her—we’d do well to listen.”

—DENNY EMERSON, USEA HALL-OF-FAME INDUCTEE

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