



# Rein in Your Brain: Do-it-Yourself Mental Training for Riders and Drivers

*Janeane Reagan*

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## **Rein in Your Brain: Do-it-Yourself Mental Training for Riders and Drivers** Janeane Reagan

"Rein in Your Brain" offers a self-help approach to acquiring the mental and emotional control that can make any equestrian from any discipline, whether they ride or drive competitively or recreationally, more effective in reaching his or her goals and dreams. Dr. Janeane Reagan's user-friendly presentation of how the human brain (and sometimes the horse brain) works gives the reader an understanding of what it takes to make changes that impact performance and enjoyment. Through this understanding, riders and drivers gain essential tools for improving their mental toughness, focus, emotional regulation, communication, stress management and, when needed, recovery from setbacks and from physical or emotional trauma. Each chapter helps the reader make these tools his or her own.



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