



Ride with Your Mind: An Illustrated Masterclass in Right Brain Riding

Mary Wanless

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Using techniques based on visualization, imagery and the "inner game" approach, Mary Wanless has devised a system which aims to enable the rider to develop body awareness and "feel". This system operates by reducing the influence of the logical, critical left brain and developing the intuitive, perceptive right brain. By concentrating on what "is", rather than on what "ought to be", Wanless suggests solutions to problems based on an understanding of the body-mind learning process which comes from areas such as Zen philosophy, the martial arts and sports psychology which are outside traditional riding dogma. There are explanations and illustrations, anecdotes, analogies, sections on imagery and questions to test awareness of the reader's own reactions and progress.

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Kristin Walker:

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Linda Monge:

Spent a free the perfect time to be fun activity to do! A lot of people spent their free time with their family, or all their friends. Usually they performing activity like watching television, about to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Might be reading a book may be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the reserve untitled Ride with Your Mind: An Illustrated Masterclass in Right Brain Riding can be good book to read. May be it can be best activity to you.

Christopher Pipkin:

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