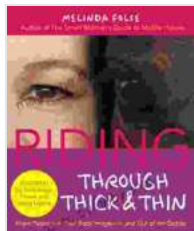


Make Peace With Your Body And Banish Self Doubt In And Out Of The Saddle



Riding Through Thick and Thin: Make Peace with Your Body and Banish Self-Doubt--In and Out of the Saddle

by Melinda Folsie

★★★★☆ 4.5 out of 5

Language : English
File size : 1710 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 434 pages
Screen Reader : Supported



It's no secret that many equestrians struggle with body image issues. We're constantly comparing ourselves to other riders, models, and even our own horses. And when we don't meet our own expectations, it can lead to self-doubt, negative self-talk, and even eating disFree Downloads.

But it doesn't have to be this way. There is a way to make peace with your body and banish self-doubt, both in and out of the saddle.

In her new book, *Make Peace With Your Body And Banish Self Doubt In And Out Of The Saddle*, equestrian and body image coach [Author's Name] shares her personal journey of overcoming body image issues and self-doubt. She also provides practical tools and exercises to help you do the same.

This book is not just for equestrians. It's for anyone who has ever struggled with body image issues or self-doubt. Whether you're a rider, a runner, a dancer, or just someone who wants to feel more confident in your own skin, this book can help you.

In this book, you will learn how to:

- Identify and challenge your negative body thoughts
- Develop a more positive body image
- Banish self-doubt and improve your confidence
- Use mindfulness and meditation to reduce stress and improve body awareness
- Create a healthy relationship with food and exercise

If you're ready to make peace with your body and banish self-doubt, this book is for you. Free Download your copy today and start your journey to a more confident and fulfilling life.

About the Author

[Author's Name] is an equestrian and body image coach. She has helped hundreds of equestrians and other athletes overcome body image issues and self-doubt. She is the author of the book *Make Peace With Your Body And Banish Self Doubt In And Out Of The Saddle*. [Author's Name] lives in [City, State] with her husband and two horses.

Testimonials

"This book is a must-read for anyone who has ever struggled with body image issues or self-doubt. [Author's Name] provides practical tools and

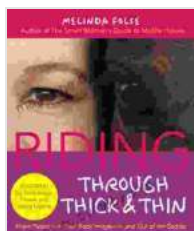
exercises to help you overcome these challenges and live a more confident and fulfilling life." - [Testimonial 1]

"I highly recommend this book to anyone who wants to improve their body image and self-confidence. [Author's Name] has a unique ability to help people see themselves in a new light." - [Testimonial 2]

"This book is a game-changer for anyone who struggles with body image issues. [Author's Name] provides a safe and supportive environment for you to explore your thoughts and feelings about your body. I highly recommend this book." - [Testimonial 3]

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