

Ride With Your Mind Essentials: Innovative Learning Strategies for Basic Riding Skills

Mary Wanless

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Ride With Your Mind Essentials: Innovative Learning Strategies for Basic Riding Skills Mary Wanless The author's Ride with your Mind teaching methods can successfully turn average riders into talented ones. This book sets out to simplify her methods with practical self-tests and exercises to ensure success. The techniques offer riders security, stability and effectiveness in the saddle.



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