



# **It's Not Just About the Ribbons: It's About Enriching Riding (and Life) with a Winning Attitude**

*Jane Savoie*

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# It's Not Just About the Ribbons: It's About Enriching Riding (and Life) with a Winning Attitude

Jane Savoie

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Over 15 years ago, Jane Savoie wrote the first book to recognize the importance of training the mind and shaping attitude in order to achieve higher levels of riding skill than ever imagined. Riders who benefited from the lessons in *That Winning Feeling!* clamored for more, and Savoie responded with her fabulous follow-up book, *It's Not Just About the Ribbons*, which is in its fifth year of publication and now available in paperback.

Once again, Savoie shares the tools and ideas for self-improvement that she has used, not only to help herself deal with challenges, but her students—who range from Olympic contenders to intermediate riders—as well. Full of shining examples of the success of Savoie's methods of dealing with riding's—and life's—challenges, this book is essential for anyone who is passionate about horses but may be struggling, at some level or other, with negative emotions and frustration from slow development of riding skills. All readers will find that, with Savoie's contagious enthusiasm along for the ride, they too can make changes more easily and playfully while better enjoying every moment with their horses.

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