

Mental Game Changers Rodeo: How to Change Your Mental Game in 10 Short Stories By Gwen R Tenney Enjoy this series of articles on your own road to an awesome mental game! Mental Game Changers Rodeo: How to Change Your Mental Game in 10 Short Stories I felt this was of a teaser to sign up for coaching/workshops than actually equip you to start making any changes to your mental game. You will gain understanding of how your mind works to affect your results and how you can get the upperhand on your own mental game so that you can use it to your advantage for ultimate success.

To train and coach transformational thinking in both humans and horses: They focus on mind set to maximize potential and achieve amazing results. Their clients have shown amazing growth both personally and athletically, It was a bit of a turn off to me to have some editing issues as well. When you see something that needs additional proof reading.

If you know rodeo you know that the mental game is a huge part of winning and losing. Join Gwen as she shares this collection of articles originally written and published in Rodeo News Magazine in her column Your Mental Game: Through a series of personal experiences as well as experiences of others Gwen describes many different aspects of the mental game of rodeo in these articles. You will learn how the mental game affects your results both in your sport and your life: Gwen is a speaker coach and trainer for Tenney Training a business that she started with her husband Lyman it

