

## Ride with Your Mind - Masterclass: Illustrated Guide to Right Brain Riding

Mary Wanless

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# Ride with Your Mind - Masterclass: Illustrated Guide to Right Brain Riding

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Ride with Your Mind - Masterclass: Illustrated Guide to Right Brain Riding Mary Wanless Develops and simplifies the theories put forward in the author's previous book, "Ride with your Mind". By using techniques based on visualization, and imagery, and by developing the generally under-used intuitive, perceptive right brain, the author claims that riders can rapidly improve.



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