



# Your Horse Needs a Bombproof Rider: Overcome Your Fear

*Donna Lindahl*

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## **Your Horse Needs a Bombproof Rider: Overcome Your Fear** Donna Lindahl

"Afraid to ride? Get a bombproof horse." This standard advice did not work for me! My fear could rattle the nerves of even the calmest equine. What happened to me? I'd ridden and trained horses for 20 years - why was I afraid? How could I overcome the unreasonable fear that kept me out of the saddle? Books always have answers! I headed for the library and found many excellent books dealing with equine fear - but what about human fear? People who have never felt fear have a difficult time understanding fear. I was going to have to solve the problem of fear myself. And it was MY problem, not my horse's. I was going to have to learn how to bombproof myself! I succeeded - I became a bombproofed human - and you can too!

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