



Angstfrei Reiten (German Edition)

Gine Wilrich

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Angst oder zumindest Unsicherheit hat wohl jeder Reiter schon einmal verspürt. Schwerwiegend sind jedoch insbesondere tiefsitzende Ängste oder Traumata. Leider gehören solche Ängste immer noch in die Tabuzone und bedauerlicherweise sind zahlreiche Ausbilder mit den Ängsten ihrer Schüler völlig überfordert. Angst hat verschiedene Ausprägungen: Übervorsichtigkeit, mangelndes Selbstvertrauen, Schreckhaftigkeit, Verkrampfungen und erhebliche, körperliche Beschwerden sind typische Merkmale. Dieses Buch zeigt Betroffenen und Ausbildern Wege und Möglichkeiten auf, die helfen können, aus der "Angstfalle" zu finden und den Pferdesport (wieder) zu genießen.

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