Wow! What A Great Book!

Proven ways to overcome performance anxiety  Whether you’re new to
dog sports or an experienced dog handler, it’s quite common to experience
mild to severe performance anxiety during competition. Now, with
Conquering Ring Nerves, you can face and overcome your anxiety through
an easy-to-follow, successful program. No matter what's going on inside
or outside the ring, Diane Peters Mayer shows you how to calm yourself,
stay focused, boost your self-esteem, and give a blue-ribbon performance.
She uses a multidimensional approach developed during her years as a
psychotherapist and anxiety specialist, complete with exercises and
techniques adapted from such areas as sports psychology, yoga, and
physical fitness. You’ll discover how to ground yourself and compete from
your core, and take advantage of quick stress busters and ways to loosen
and energize your body. Packed with proven tips to find success and have
fun in the ring, Conquering Ring Nerves is your one-stop guide to
overcoming competition jitters and becoming the handler of your dreams.
Reveals how to achieve peak performance under pressure in all dog
sports, from agility, obedience, and confirmation to Rally-O, freestyle, and
more Features illuminating, real-life ring nerves stories Explains how to
stop being afraid, set goals, and reach them Includes a Training Diary to
keep yourself on track during training and competitions Offers further
reading and resources lists to build upon what you’ve learned

My Personal Review:
I don't usually have issues with ring nerves, but one of my dogs got badly
spooked at a show and we had a vicious cycle of fear going with a dog I
had very high hopes for. Heard about this book through the Dog Read
group at Yahoo! so I decided to give it a try. Excellent advice on how to
think about competition as well as visualization and physical exercises to
use to overcome ring nerves. Although I already had a lot of the right
thought patterns, the exercises did help me focus and relax. It helped - my
dog ended up winning the competition for Best North American Bred Bull Terrier and was Top Bull Terrier in Canada in 2008!

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