



BOOK REVIEW

JOHN HAIME'S RIDE BIG *THE ULTIMATE GUIDE TO BUILDING EQUESTRIAN CONFIDENCE*

A new book, *Ride Big*, is the modern rider's path to lasting confidence and a must read for every equestrian and non-equestrian athlete. Confidence is the key to performing well, yet many of us struggle to attain it, or maintain it. Haime's book serves as the ultimate guide that helps equestrians assess and reflect on themselves as individuals and riders, and addresses the root causes behind shaken confidence. It stands out among other books on sports psychology and managing your mind, by how personalized the book is, using relatable content, real life stories of professional riders, and quizzes that trigger critical thinking about one's emotions, behaviors and responses.

The practical component on how to actually help oneself leverage self-knowledge into confidence is made simple, with easy exercises and concepts to remember and commit to when self-doubt, fear or pressure are at their peak. The book's structure and language ease the transmission of information in such a way to fully digest it, and prompt a holistic approach on how one behaves on and off the horse, during training, competitions, and at the stables too. Overall, Haime facilitates reader reflection by breaking down common thoughts, feelings and emotions, and elicits the readers' thinking, questioning and acknowledgment of certain ideologies, that in turn drive readers to move forward, and pave the way to a positive journey of long term growth and development.

Review by Khaled Assem