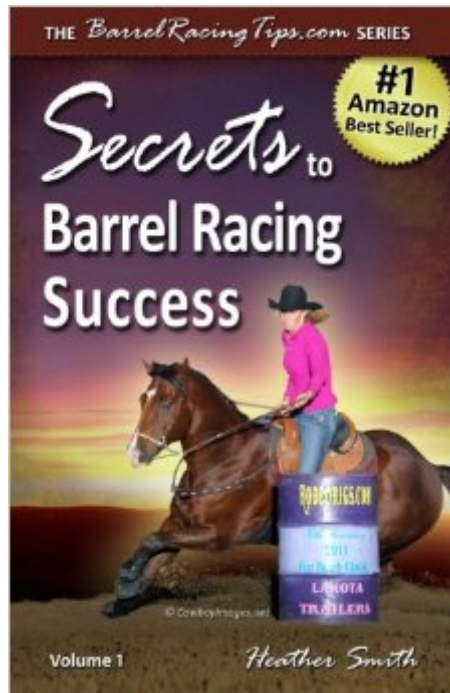


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# Secrets To Barrel Racing Success (Volume 1)



## Synopsis

Barrel racers are driven by an unrelenting desire to win. Unfortunately, they are often misled. The secrets have been well kept for much too long. The time has come for barrel racers to stop looking for success, in all the wrong places. In this revolutionary book, author Heather Smith boldly reveals the real reasons for slow times, tipped barrels, behavior problems and much more. Smith challenges readers to develop new perspectives and describes specific action steps, all proven to yield positive, fast results. *Secrets to Barrel Racing Success* provides an integral foundation, yet far from just the basics, it empowers barrel racers to demystify even the most advanced concepts: - Sense and correct subtle mistakes on the pattern quickly and easily. - Utilize special techniques to make any barrel horse faster. - Realize what feel really is, and how you can harness it's power. - Develop a barrel horse that is always mentally focused and with you. - Communicate in a way that creates feather-light responsiveness. - Become a rider and competitor that brings out the best in every horse. - Achieve optimum barrel racing performance, through optimum horse health. - Master your inner game for confidence every time you blast down the alley. - Understand true collection, why it's so critical and how to achieve it. The secret to winning lies in becoming aware of and dissolving the lesser-known blocks (that many don't even know exist) standing in the way of success. In the process, a path is cleared for each barrel racer to achieve their greatest potential. Only when the secrets are revealed, does winning become possible.

## Book Information

Paperback: 184 pages

Publisher: Heather Smith (May 2, 2012)

Language: English

ISBN-10: 0615628885

ISBN-13: 978-0615628882

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (55 customer reviews)

Best Sellers Rank: #556,603 in Books (See Top 100 in Books) #18 in [Books > Sports & Outdoors > Rodeos](#) #26 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Showing & Training](#) #495 in [Books > Sports & Outdoors > Individual Sports > Horses > Equestrian](#)

## Customer Reviews

When I first got this book I thought it was for training horses. If that is what your looking for this book

is not for you. I will not lie, it took a little bit before I really got into reading this book because I got it with the mind set it was for how to train a horse for barrels. However, once I got into the first few chapters and figured out its all about training or retraining the rider I really got into it. The author really focuses on how you think is how you will perform. She really got me to take a step back and look at why my horse was doing what they were doing. Turns out, it had nothing to do with how I had trained them, it had to do with what I was thinking about when I would try and make a run. This book has helped me with more than just barrels, it has helped me with life. I can not wait for her to come out with the next one. I feel this book is worth the \$20 I spent on it and I would recommend it to anyone that needs a little mental, get your head in the game type help.

After two years practically removed from horses, I ended up with a young horse & started working. I'd trained the horse I raced successfully on before and never had any problems, so why not? Wow... After a year & a half I literally couldn't work the pattern without ending up in tears. I've actually considered selling out & giving up. But after a pretty painfully honest heart - to - heart with my Dad, I decided to start from scratch & give it one more try. Thus began the never-ending search for helpful and useful knowledge. I know the basic mechanics; after all, I've trained a barrel horse before, & I've ridden my entire life. So finding a helpful book that wasn't repeating things I already know was a challenge, and I actually stumbled on this book & looked at it a couple of times before I bought it. I am SO glad I did! This is NOT a training manual. It won't tell you how to teach a horse to do things like flex and counter arc. But what it WILL do is JUST as important, maybe more. I have read Heather's story and said to myself "This is me!" This book had me in tears, simply by explaining some of the emotions I've gone through. Finally. Someone who "gets" it. I read the whole thing in less than 2 days, and now I'm reading it again to absorb more information. I would recommend this book to anybody who is struggling, even the top NFR girls out there. It won't teach you what to do, but it'll teach you how to get there without a nervous breakdown. Or how to recover from it & get back on track :)

I Love this book it has been very helpful me to keep going and pushing through various obstacles. If your looking for a play-by-play concerning exercises or how-to's. This isnt for you. But this book is great at delivering concepts and i thoroughly enjoyed the read.

I am not gonna lie, I only meant to download a sample of this book. I accidentally bought the book and decided to make the best of the situation and read the book. I have read lots of books about

barrel racing and always enjoy learning new methods and skills to add to my "training toolbox". This book was a huge disappointment. I felt that \$19.99 was a lot for an e-book and especially after I read the book. I had a hard time making myself read the book. Lots of common sense material and a lot of stuff about the mental aspect of competition. Perhaps if you are looking for information about the mental side of barrel racing perhaps this book would be for you. Even more disappointing was that the format came across my kindle very poorly and there were lots of broken and disorganized sentences & paragraphs making it even harder to read :(

Heather breaks it down in simple terms and doesn't sugar coat it. This is a good book for the basics. A lot of it is common sense, but is it common sense if you aren't considering it in the first place? It's nice to have it pointed out, and this is what Heather does in this book.

What a great book for any barrel racer! I've been at it for several years and must say that this book is a great summary of many resources that will benefit barrel racers at any level. Heather Smith does an excellent job of putting the pieces together in an easy to follow guide. It is not a how to run around three barrels book... that is the easy part... this book is geared towards all the other more difficult parts of barrel racing. It covers the importance of horse care, the ever challenging mental game, developing the vital relationship with your horse, and much more. I truly loved this book and would recommend it to anyone that wants to be a successful barrel racer.

This book is truly a God-send. I feel like over all my years of barrel racing I get a lot of mixed advice and a lot of mixed inconsistent results. It really helped clarify what I should be focusing on. I think 'secrets' is a good way to describe the timeless advice in this book because many times people are looking for a quick cheap fix. Learning the true tools of the trade, and secrets to success of any skill set takes time, focus and dedication. I'm so happy she published something that wasn't gimmicky or full of useless old school information. My horse and I have truly benefit from practicing real tools instead of wasting our time with trendy habits like we used to.

Heather's simplicity in her writing continues to be what draws me to reading her books. I am really enjoying what she has to say. It follows a path I have been following for years now. It is a compliment to what I have been learning. I like that she has taken the approach she has. It is something everyone needs to learn. It is another great read.

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