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Marks,2012-04-24 Some people dream of winning while others dream of losing their fears However ambitious or basic your goal Kelly Marks is on hand to help you make that dream a reality Despite major setbacks early on Kelly Marks was determined to live a life with horses and went on to win BSJA showjumping championships and major races as a Lady Jockey she finished her racing career winning the Ladies European Championship Kelly has since gone on to become Britain's most popular Equine Problem Solver and founder of the Intelligent Horsemanship organisation which helps horses and people worldwide Kelly's first two books went on to be international bestsellers but this book could be her most valuable yet As true horse people know while technique and knowledge are essential for good horsemanship how you feel about yourself is the missing link to the greatest results Using the proven techniques in this book you will learn how to Resolve your fears when

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Wellbeing in Higher Education Marcus A. Henning, Christian U. Krägeloh, Fiona Moir, Yan Chen, Craig S. Webster, 2023-04-28 Drawing on holistic research and professional practice this book provides rich empirical scientific and clinical lenses to the discourse on wellbeing in higher education The authors have appraised the underlying conceptual empirical and applied nature of existing mind body programmes often utilized to cultivate wellbeing e g seated meditation yoga Taijiquan Pilates Feldenkrais biofeedback and the Alexander technique Higher education is touted as a sector that develops new ideas for the wider community as well as ensuring students are provided with the skills knowledge and attitudes to positively contribute to the wider community Within this setting there are numerous benefits e g attaining a reputable qualification but there are also risks e g stressors associated with expectations To ensure the higher education setting is a place of wellbeing in addition to achievement several strategies are promoted to assist staff and students whilst working and studying Chapters offer clear implications for research and practice and explore effective strategies for enhancing wellbeing for students and staff The integrative mind body programmes have considerable potential for developing wellbeing in the higher education settings As such this book will appeal to academics and researchers in the higher education sector including scholar practitioners and teacher educators

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