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Books Out Loud , 2004

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Aliens and UFO's Volume 3 Jon Peniel, 2002

Perfect Confidence Kelly 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 dealing with horses Be the confident person your horse needs you to be Be your own best friend as well as your horse s Stop making excuses Plan your goals and reach your dreams Plan hacking success or championship success

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Aspies on Mental Health Dean Worton, Luke Beardon, 2011-08-15 Touching on everything from difficulties at work and college to coping with low self confidence, self harm, alcohol, misdiagnosis, sectioning, counselling, medication and battles with mental health services, the book provides a window into how people with AS experience mental health issues and what can be done to help.

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