

Give your best in any show.

A new training book from Howell Book House®

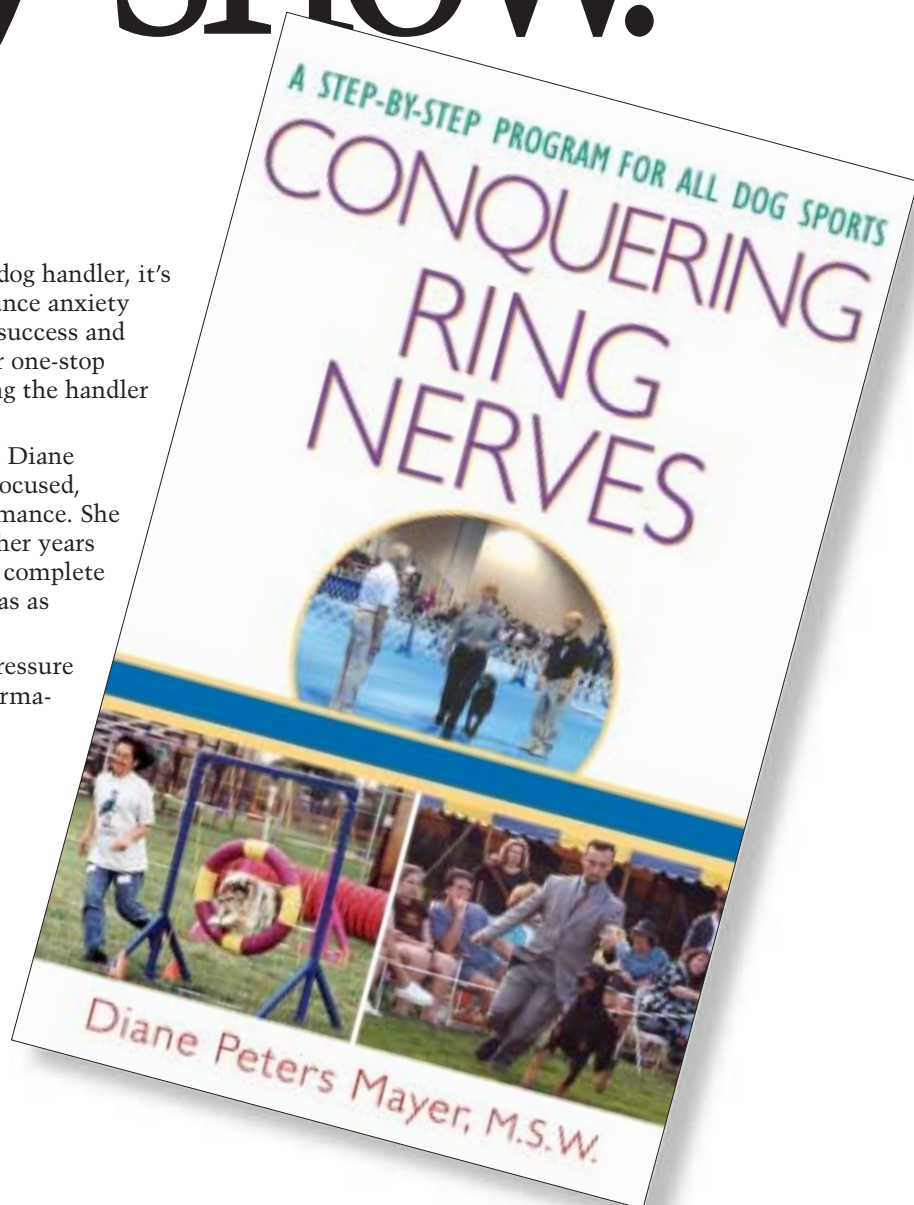
Whether you're new to dog sports or an experienced dog handler, it's quite common to experience mild to severe performance anxiety during competition. Packed with proven tips to find success and have fun in the ring, *Conquering Ring Nerves* is your one-stop guide to overcoming competition jitters and becoming the handler of your dreams.

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 performance anxiety coach, complete with exercises and techniques adapted from such areas as sports psychology, yoga, and physical fitness.

- 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

0-7645-4972-3 • \$24.99 US/\$35.99 CAN

DIANE PETERS MAYER, M.S.W., is a psychotherapist and performance anxiety coach. In 2000, she started the program "Competing at Your Peak: The Unique Dog Handlers' Training Program to Combat Ring Nerves" for handlers of every dog sport. Mayer is a member of the National Association of Social Workers and the International Coaching Federation.



Save 20% on this book!

Visit howellbookhouse.com or call 1-877-762-2974 to order.
Promo code: RING Expires 8/31/04

For bulk orders, call 1-800-225-5945 or e-mail orderservices@wiley.com. Discount does not apply to bulk orders.



Howell Book House® Over 40 years of excellence—and the tradition lives on.

An Imprint of **WILEY**
Now you know.

Wiley, the Wiley logo, and Howell Book House are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries. All other trademarks are the property of their respective owners.