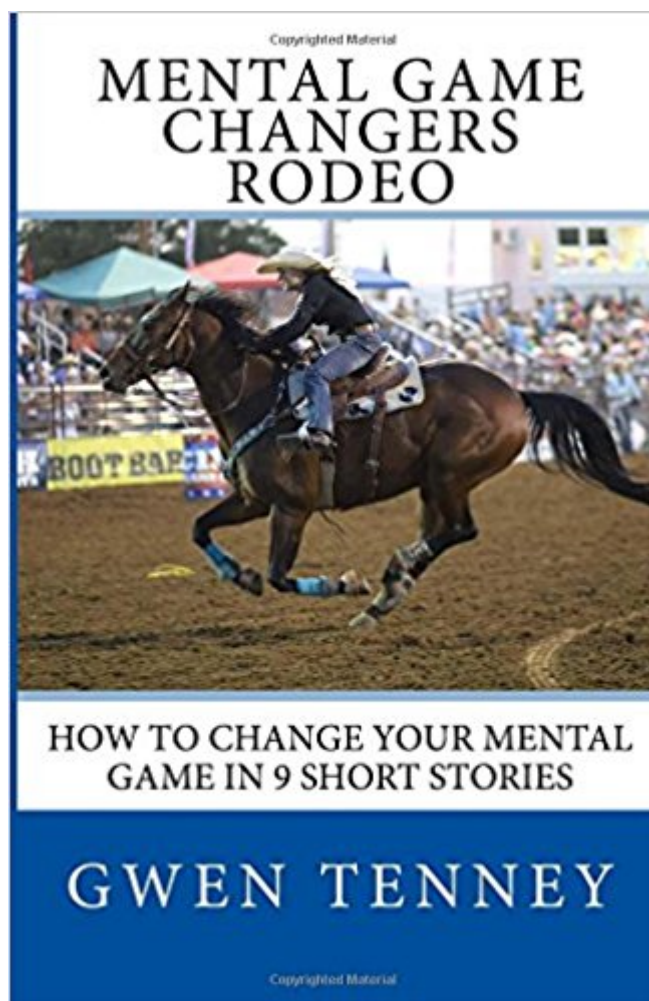


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# Mental Game Changers Rodeo: How To Change Your Mental Game In 10 Short Stories



## Synopsis

If you know rodeo, you know that the mental game is a huge part of winning and losing. Join Gwen as she shares this collection of articles originally written and published in Rodeo News Magazine in her column, Your Mental Game. Through a series of personal experiences as well as experiences of others, Gwen describes many different aspects of the mental game of rodeo in these articles. You will learn how the mental game affects your results both in your sport and your life. You will gain understanding of how your mind works to affect your results and how you can get the upperhand on your own mental game so that you can use it to your advantage for ultimate success. Gwen is a speaker, coach and trainer for Tenney Training, a business that she started with her husband, Lyman, to train and coach transformational thinking in both humans and horses. They focus on mind-set to maximize potential and achieve amazing results. Their clients have shown amazing growth both personally and athletically. Enjoy this series of articles on your own road to an awesome mental game!

## Book Information

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## Customer Reviews

Gwen Tenney was born and raised in Wyoming to a ranching and rodeo family. She spent many days traveling with her grandfather who was a well-rounded cowboy from brand inspecting to horseshoeing to rodeo contestant and judge. She moved to Arizona and later married her husband, Lyman, who also comes from a ranching and roping family. Gwen is no stranger to the arena and the cowboy way of life. Because she is a teacher and has raised two daughters and a son who happens to have Down syndrome, Gwen knows that all people have great value and unlimited potential. Combining her love for the cowboy way of life and the understanding that all people can

achieve greatness when given the right tools, her overreaching goal is to inspire people to become great both in the rodeo arena and the arena of life. Gwen has a certain kind of skillset to be able to genuinely challenge thinking in a supportive manner and help people remove the obstacles that keep them from going where they want to go. Through her role in Tenney Training, Gwen helps people to gain momentum on their path to achieving their goals by making dramatic improvements in their personal and competitive life.

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