

It's here! Announcing the re-launch of:

De-Spook You!™

Helping equestrians achieve their ideal partnership with the horse by helping the rider focus on working outside of the saddle to help with confidence in the saddle



Online Equestrian Confidence Coaching

Fear is a part of life; it helps keep us safe from harm's way, and in proper doses adds an element of excitement and risk to our lives. But **when fear stops you from doing what you love**, it's no longer fun and exciting, it's paralyzing.

You strive to have that special partnership with your horse and if you are not getting the fulfilling experience you really want because of fear and confidence, then De-Spook You™ is for you.

Check it out! Go to the webpage: www.de-spooky.com. De-Spook You™ where you can find out more or register!

Fully guaranteed, this course will help you **get ready for the 2017 riding season NOW.**

What is De-Spook You!™ ?

One year in the making, the re-launch includes **new content, professional videos and audios, as well as comprehensive written materials.** Taking **all learning styles** into consideration, De-Spook You™ allows you to gain confidence using tools that you can practice at home as well as having access to “on the fly” tools when those unexpected situations arise when you're with your horse!

Gretchen and Archie's story: Anke taught me skills for those moments when stomach butterflies hit, or when the “what if” horror show started playing in my head. I am **THRILLED** that I followed the program to its completion. My riding has never been better. My horse loves me for it and our already great relationship has hit an all-time high. I recommend Anke to anyone looking to gain confidence in themselves in riding or just in life in general. She has helped me take a giant step forward in riding and in finding the positive in more aspects of my life.
Thank you Anke, from Archie and me. Gretchen Jaeger, DVM



De-SpookU
EQUITARE CUM FIDUCIA

natural solutions
by Anke, LLC