

# **Beyond Horse Massage A Breakthrough Interactive Method For Alleviating Soreness Strain And Tension**

How To Conduct SurveysHorses Don't LieThe Little Book of Horse QuotesEquine MassageZen Mind, Zen HorseThe Nature of HorsesTrick Training for HorsesEmotional AgilityAcupressure for HorsesBiomechanics and Physical Training of the HorseWhere Does My Horse Hurt?Horse Speak: An Equine-Human Translation GuideEquine Structural IntegrationPaddock ParadiseComplete Horse Care ManualBeyond Horse MassagePhysical Therapy for HorsesThe Horse's Muscles in MotionHorse Massage for Horse OwnersHorses in TranslationManual of Equine Reproduction - E-BookBeautiful Jim KeyThe Essential Hoof BookCentered Riding 2Physical Therapy for HorsesOsteopathy and the Treatment of HorsesHealing Back PainThe Experience Economy55 Corrective Exercises for HorsesHow to Think Like a HorseBreakthrough!The Dressage Horse Optimized with the Masterson MethodThe Basic Principles of Equine Massage/muscle TherapyPractical Horse MassageThe Ultimate Horse Behavior and Training BookThe Horse Anatomy WorkbookIdea ManBeyond Horse MassageBeyond Horse MassageHorse Sense

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## **How To Conduct Surveys**

Centered Riding is not a style of riding as are dressage, hunter seat, or Western. Rather, it is a way of reeducating a rider's mind and body to achieve greater balance in order to better communicate with the horse. Founder Sally Swift revolutionized riding by showing that good use of the human body makes a world of difference on horseback. Early in her work, she established what she calls the "Four Basics" — centering, breathing, soft eyes, and building blocks—which, together with grounding, are the main tenets of her method. When a rider learns and maintains these basics, then harmony between horse and human is possible. Sally Swift's first book, *Centered Riding*, made its revolutionary appearance in 1985 and continues as one of the best-selling horse books of all time. This second book doesn't replace the first one, it complements it. In the intervening years, *Centered Riding* continued to evolve, and Sally inevitably developed many new concepts and fresh imagery, all of which are presented here.

## **Horses Don't Lie**

Equine anatomical structure and terminology is universally regarded as one of the most difficult aspects of equine studies. Equine students have long been familiar with Goody's *Horse Anatomy: The Pictorial Approach to Equine Structure*, a

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textbook used in equine colleges all over the world. Now, based on this classic work, talented equestrian artist Maggie Raynor has prepared a workbook designed to make learning not only easier, but a lot more fun. Students are asked to label or color various parts of the equine body in a succession of exercises covering every part of the horse and every aspect of its structure, from the skeleton to the outer surfaces. A natural stable mate to Horse Anatomy, The Horse Anatomy Workbook will assist a new generation of students to familiarize themselves with equine structure and terminology.

### **The Little Book of Horse Quotes**

A translation of the Holy Scriptures, prepared specifically for teenagers, includes maps and a dictionary/concordance.

### **Equine Massage**

An incredible illustrated reference to help keep the horse sound in body and mind and at the top of his game. In this highly illustrated book, equine physical therapy expert Helle Katrine Kleven begins with a comprehensible introduction to the musculoskeletal and nervous systems, as well as an instructive conversation covering biomechanics basics, then explores the major areas of physical therapy in

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detail. Readers will find practical how-to guidance in the most popular therapeutic modalities, as well as cutting-edge alternatives that are currently gaining ground: Fascia work Stretching Massage Stability and strengthening exercises Laser therapy Kinesiotaping And much more. With this incredible course in preventive and rehabilitative techniques, horse owners and professionals will be thoroughly prepared to ensure their horses' comfort and well-being. The book includes: Over 300 color photos and illustrations. Facts and tips in easy-to-read callouts throughout. A section on preventive measures to stop problems before they start. Handy anatomical guides to the equine skeleton, muscle layers, and fascia.

### **Zen Mind, Zen Horse**

The Microsoft co-founder shares the story of his life while revealing the lessons he has learned throughout his influential career, covering topics that range from his partnership with Bill Gates and his ambitions for private space travel to his world-changing initiatives and his battle against lymphoma. 80,000 first printing.

### **The Nature of Horses**

Paddock Paradise (PP) is both a book title and a concept of a more naturalized way of horse keeping based upon the research done on the Great Basin wild horses by

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natural horse care expert and author, Jaime Jackson. PP is a must-read for any horse-owner or professional who wants to create an environment of more optimal mental and physical health for their horses while drastically reducing the number of hours spent on 'barn' chores. Jackson explains to readers why the concept works and how to create one in a simple and inexpensive manner. Not only do horses exercise more but also eat in the manner that nature intended . Research has shown that free-roaming horses are healthier than stabled ones but many kinds of pasture grasses can cause laminitis. PP is the solution for these issues and others that plague horse owners around the world. "PP is an emerging trend," according to a summer 2011 issue of "The Horse" magazine.

### **Trick Training for Horses**

Now in full color, Manual of Equine Reproduction, 3rd Edition provides a comprehensive look at the reproductive management of horses, including management of stallions, pregnant mares, and neonatal foals. Expert authors use a concise, practical approach in discussing improved therapies and treatments in equine breeding. You'll enhance your skills and knowledge with this book's detailed coverage of techniques used in reproductive examination, breeding procedures, pregnancy diagnosis, foaling, and reproductive tract surgery. A clinical emphasis includes a step-by-step format of possible scenarios from conception to breeding management. Practical information includes topics such as breeding with

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transported cooled or frozen semen, and caring for the broodmare and newborn foal. The organization of material corresponds to the course of study in veterinary school, so you can find topics easily. Chapter objectives and study questions at the beginning of each chapter guide you through the material and provide clear learning goals. Evaluation of Breeding Records chapter covers the importance of breeding records, and how to use them to evaluate stallion performance and optimize fertility. References are listed at the end of each chapter for further research and study. Full-color photographs and illustrations clearly depict procedures, and all drawings have been redrawn and improved. NEW Assisted Reproductive Technology chapter goes beyond embryo transfer. Updated content includes the latest advances in therapies and treatments. New content is added to two chapters, Reproductive Physiology of the Nonpregnant Mare and Manipulation of Estrus in the Mare. Thorough coverage of every aspect of equine reproduction provides a strong foundation for success in veterinary practice, including a discussion of the use of GnRH-analog deslorelin (Ovuplant) to hasten ovulation; aseptic technique for endometrial biopsy; use of transabdominal ultrasonography, especially in early pregnancy; determination of fetal gender by transrectal ultrasonography; aspiration testicular biopsy using a spring-loaded biopsy instrument; and procedure for surgical embryo transfer.

### **Emotional Agility**

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Rev. ed. of: The experience economy: work is theatre & every business a stage. 1999.

### **Acupressure for Horses**

Beautiful Jim Key -- the one-time ugly duckling of a scrub colt who became one of the most beloved heroes of the turn of the century -- was adored not for his beauty and speed but rather for his remarkable abilities to read, write, spell, do mathematics, even debate politics. Trained with patience and kindness by one of the most renowned horse whisperers of his day -- former slave, Civil War veteran, and self-taught veterinarian Dr. William Key -- Jim performed in expositions across the country to wildly receptive crowds for nine glorious years, smashing box office records, clearing towering hurdles of skepticism and prejudice, and earning the respect and admiration of some of the most influential figures of the era, from Booker T. Washington to President William McKinley. This is the remarkable true saga of a truly exceptional animal -- and the no less exceptional man who led him to greatness.

### **Biomechanics and Physical Training of the Horse**

Olympic gold-medal-winner Ingrid Klimke was born under a bright star when it

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came to fulfilling dreams of equestrian greatness. Her father, the renowned Dr. Reiner Klimke, was an Olympic rider himself, and he instilled his principles of training and riding with the good of the horse in mind in his daughter at a young age. Ingrid has furthered her father's esteemed legacy, modernizing two of the classic works by her father—the bestselling *The New Basic Training of the Young Horse* and *Cavalletti*—and tirelessly championing a balanced, fair, and caring system of training the horse that ensures his physical and mental well-being even while preparing him for the very top levels of international competition. And now Ingrid has written a book of her own, detailing her personal system of bringing a horse along through the stages of progressive development, and providing readers guidelines and exercises to ensure success without stress at each milestone. The result is surely a joyful partnership between rider and horse that will go the distance.

### **Where Does My Horse Hurt?**

Effective horse trainers strive to improve the performance of their horses while preserving the integrity of the musculoskeletal apparatus. *Biomechanics and Physical Training of the Horse* supplies an anatomical and functional overview of the topic, enabling trainers to optimize the different exercises their horses undergo during training and competition. Following a brief description of the biomechanics of the muscles underlying equine movement, the book discusses the muscles of

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the forelimb, hindlimb, and neck and trunk. These fundamentals have direct bearing on the later chapters, which focus on training and the core exercises for a horse. This text is illustrated throughout by the author's top-quality photographs, diagrams, and his own beautiful anatomical drawings. The book is of lasting value to all professionals and well-informed amateurs who work with horses: veterinarians, trainers and riders, researchers, physical therapists, and educators in equine courses.

### **Horse Speak: An Equine-Human Translation Guide**

"Practical Horse Massage puts massage techniques and stretching exercises into perspective and is easy to learn."--Alaska Horse Journal "If you've ever thought that massage or stretching could benefit your horse, Practical Horse Massage is an easy, but thorough read."--Horse Illustrated "Well illustrated with color photographs, the author leaves nothing to chance and makes sure the reader will understand the various massage procedures by using pictures as well as text instructions."--The Northwest Horse Source This book provides a complete introduction to horse massage, with easy-to-learn techniques and exercises. It is a book for everyone who wants to help their horses to relax and regenerate after competitions or long rides.

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### **Equine Structural Integration**

In this book, Jim Masterson, Equine Massage Therapist for the 2006 and 2008 and 2010 USET Endurance Teams, and for equine clientele competing in FEI World Cup, Pan American and World Games competitions, teaches a unique method of equine bodywork, in which the practitioner recognizes and follows the responses of the horse to touch to release tension in key junctions of the body that most affect performance. This practical book with step-by-step instructions, photographs and illustrations is ideally suited to accompany you to the yard/stables, where you can practice the Masterson Method techniques on horses. Expanded chapters with Tips & Techniques, anatomical explanations and examples from Jim's practice help deepen your understanding. A 'quick reference' section will point you to exercises that are specifically suited to your particular discipline, may it be dressage, endurance, eventing, or others in the vast realm of horse sports.

### **Paddock Paradise**

Would you like to enable your horse to perform and feel better, to overcome old limitations and restrictions and reach its full potential? In this book, Jim Masterson, Equine Massage Therapist for the 2006 and 2008 and 2010 USET Endurance Teams, and for equine clientele competing in FEI World Cup, Pan American and

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World Games competitions, teaches a unique method of equine bodywork, in which the practitioner recognizes and follows the responses of the horse to touch to release tension in key junctions of the body that most affect performance. This practical book: \* has step-by-step instructions, photographs and illustrations \* is ideally suited to accompany you to the barn, where you will practice the Masterson Method® techniques on horses. \* includes chapters with Tips & Techniques, anatomical explanations and examples from Jim's practice help deepen your understanding. \* has a "quick reference" section will point you to exercises that are specifically suited to your particular discipline, may it be dressage, endurance, eventing or barrel racing, or others in the vast realm of horse sports. By using these techniques, and knowing the responses to look for, you are able to: \* achieve a release of accumulated stress in deep-seated key junctions of the horse's body that affects mobility, comfort, attitude, training and performance \* restore muscular and structural balance, and natural alignment \* enable your horse to perform optimally and respond to your training without stiffness and pain \* achieve new levels of communication and trust with your horse that spill over into other areas of interaction.

## **Complete Horse Care Manual**

Now you can help your horse with simple acupressure techniques! Learn to identify your horse's individual "body constitution type," which determines your choice of

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acupressure treatment; understand the 12 main channels of energy in your horse's body, and gain the ability to choose the correct points to treat specific issues. Relieve mild sources of pain and discomfort in your horse's body, influence his mental health and stability, and select appropriate treatment from a comprehensive list of common problems and their solutions, with step-by-step instructions and full-color photographs to help you help your horse.

### **Beyond Horse Massage**

Equine Structural Integration: Myofascial Release Manual This book is a valuable guide to Equine Myofascial Release (MFR) for the horse owner or therapist as well as an essential reference for the professional practitioner. This book provides the essential overview and introduction to the techniques required to understand Equine Structural Integration. Equine Structural Integration: Myofascial Release Manual presents a logical series of techniques for bringing more structural order to the horses in your care. Equine Structural Integration: Myofascial Release Manual is rich in illustrations of Equine Myofascial Release Techniques for the: Head, Forelimb, Shoulders, Rear, working with scars, joints and myofascial stretching. The book is laid out in a very user friendly manner. The Equine Myofascial Release technique illustrations/photos and their description are kept together so you can easily follow the text while working with your horse. If you are working with a client's horse you can use the book as an added educational tool to help your

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clients better understand your work. This book is a needed educational tool for practitioners who provide Myofascial Therapy to horses. Equine Structural Integration: Myofascial Release Manual, takes you on a journey through the fascia from the cell to skin, from physiology to movement evaluation and Myofascial Release Techniques for the entire horse.

### **Physical Therapy for Horses**

"The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year"--

### **The Horse's Muscles in Motion**

Popular for helping readers to organize a rigorous survey and evaluate the credibility of other ones by giving them practical, step-by-step advice, the Second Edition of this book now also covers: computer-assisted and interactive surveys and how they contrast with telephone and face-to-face surveys; guidelines for preparing informed consent statements for survey respondents; ways to ensure the sample you have is large enough to detect a difference between groups (if one exists); ways to ask questions about ethnicity; how to read computer output containing survey results; how to prepare a structured abstract of a survey report;

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new survey data analysis techniques, such as odds ratios, relative risks, and confidence intervals as well as sampling techniques, such as snowball sampling; and guidelines for preparing overheads and slides to report survey results with illustrations of how an oral presentation of survey results differs from a written one.

### **Horse Massage for Horse Owners**

This book is a must for anyone who would like to improve the health, wellbeing or performance of their horse. Practical, educational and easy to follow, the author shares with you the knowledge and skills you need to massage your own horse. Learn about equine anatomy, massage techniques, and how to combine the moves to develop a complete massage routine. With the emphasis on how you can work with your own horse, Sue offers an insight into how to reduce pain and stiffness in your horse as well as improve performance. Massaging your horse gives something back in return for all he does for you, and will help you and your horse to truly enjoy the time that you spend together.

### **Horses in Translation**

Get a Book. Give to a Horse. We make a living by what we get, but we make a life

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by what we give. Winston Churchill Saving a horse will not change the world But surely it would change the world for that one horse. Author Unknown When you give a personal lesson in meanness to a critter or to a person, don't be surprised if they learn their lesson. Cowboy Wisdom Finalist in the Self-Help: Journals & Quotes category of The USA "Best Books 2013" Awards, sponsored by USA Book News. The Little Book of Horse Quotes shares the laughter, lessons, and love that horses bring into our daily lives. This is a classic collection of 365 unforgettable quotes from more than 100 famous authors including Pam Brown, Winston Churchill, W.C. Fields, Ann Landers, Abraham Lincoln, Roy Rogers and John Wayne as well as savvy sayings and uplifting proverbs. The book is organized with a combination of lots of wisdom and horse sense to keep in mind for each and every day of the year. The quotes are arranged around the topics of Caring, Companionship, Compassion, Giving, Healing, Kindness, Laughter, Love, Respect, Understanding, and more. These quotes have stood the test of time and each can be used for enjoyment, inspiration, or motivation. The book also includes a checklist and journal to keep track of favorite horse quotes, rewarding experiences, and meaningful memories. A portion of the proceeds from this book benefits Illinois Horse Rescue of Will County.

### **Manual of Equine Reproduction - E-Book**

A long-awaited update of the classic equine massage reference Fully revised and

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updated, this new edition provides step-by-step instructions and more than 180 photographs and diagrams to help riders and professionals alike master equine massage techniques. This authoritative guide provides detailed information about massage movements, pressures, rhythms, and sequences. It includes: \* An introduction to equine anatomy, physiology, and kinesiology \* Practical information on stretching and hydrotherapy \* Four new chapters covering equine myofascial massage, Equine TMJ (temporomandibular joint) Dysfunction Syndrome, Equine Muscular Compensation Phenomenon, and saddle fitting \* A conformation check-up routine \* Information about areas of stress specific to each discipline and different massage techniques and routines for different situations \* A handy comb-bound format that lays flat for convenient use in the stable Equine massage enhances the performance and quality of life of horses by increasing flexibility, reducing stiffness, improving attitude, and shortening recovery time from injury. In addition to its many health benefits, equine massage strengthens the bond between the horse and his owner, trainer, or groom. Using these techniques, you'll learn to "see" with your hands and sense areas that need special attention. Equine Massage, Second Edition is truly a hands-on guide to proven massage techniques that improve a horse's well-being.

### **Beautiful Jim Key**

Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural

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Syndrome) reveals how stress and other psychological factors can cause back pain--and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself--without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain and start recovering from back pain today.

## **The Essential Hoof Book**

Written by one of the original Horse Whisperers *Horses Don't Lie* is the definitive guide to training horses and every horse trainer will welcome this method. After years of using his method to train horses Chris came to see that it could also be applied to human behaviour. As Chris points out: "A horse knows what you know." The characteristics necessary for building good relationships with horses can be used to deepen our relationships with other people and to enrich our daily lives. Horses can teach us how to communicate with empathy and patience, not only

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with them but with each other. Humans, like dogs, are natural predators while horses are prey that evolved to band together in packs for protection. This results in two differing types of consciousness and for a human to think like prey teaches many things. It teaches the trust and honesty essential in building relationships, and not only in a relationship with a horse; while the sensitivity and awareness that characterises a horse's perception of the world are qualities we could all use in our own lives. "Always think like a horse and not like a dog." The real magic of horse whispering is what horses reveal to us about ourselves when we strive to understand their behaviour. Horses Don't Lie will teach you about the connections we can make in our lives when we learn from horses.

### **Centered Riding 2**

Horse Speak is not a training method or technique—it is a practical system for “listening” and “talking” to horses in their language, instead of expecting them to comprehend ours. Horse Speak can be used by anyone who works with horses, whether riding instructor, colt starter, recreational rider, or avid competitor. It promises improved understanding of what a horse is telling you, and provides simple replies you can use to tell him that you “hear” him, you “get it,” and you have ideas you want to share with him, too. The result? Time with your horse will be full of what horse trainer and equine-assisted learning instructor Sharon Wilsie of Wilsie Way Horsemanship calls Conversations, and soon the all-too-common

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misunderstandings that occur between horse and human will evolve into civil discussions with positive and progressive results! Learn Horse Speak in 12 easy steps; understand equine communication via breath and body language; and discover the Four Gs of Horse Speak: Greeting, Going Somewhere, Grooming, and Gone. Practice regulating your intensity, and sample dozens of ready-made Conversations with your horse, as step-by-step templates and instructional color photographs walk you through the eye-opening process of communicating on a whole new level.

### **Physical Therapy for Horses**

In this fascinating best seller, Cherry Hill explores the way horses think and how it affects their behavior. Explaining why certain smells and sounds appeal to your horse's sensibility and what sets off his sudden movements, Hill stresses how recognizing the thought processes behind your horse's actions can help you communicate effectively and develop a trusting relationship based on mutual respect.

### **Osteopathy and the Treatment of Horses**

The equine hoof is a complex marvel of natural engineering, built to withstand

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tremendous forces and able to adapt to an astonishing range of environmental conditions. It also changes daily—for better or for worse—in response to external and internal factors. Few horse owners have the opportunity to acquire a deep understanding of the hoof, which limits their ability to advocate on their horses' behalf and make informed decisions about hoof care and management. This book is the first resource of its kind to combine the most current and useful information available, gleaned from the research and wisdom of top hoof experts around the world, with a unique “hands-on” approach. The authors provide basic terms and anatomy, clearly illustrate the differences between healthy and unhealthy feet, discuss biomechanics and management concerns, and cover the causes, treatments, and prevention of commonly encountered problems, including laminitis, white line disease, and thrush. Along the way, readers are given activities to help them better analyze and understand the most important aspects of equine hoof health, such as hoof balance, depth of sole, and point of breakover. Easy-to-follow language, over 400 full-color photographs, and do-it-yourself exercises promise to empower horse owners and caretakers of all experience levels with the tools they need to accurately assess hoof health and keep their horses as sound and happy as possible.

### **Healing Back Pain**

Keep your horse pain-free and performing his best! Introducing 27 simple body

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checkups you can do on your horse—Where Does My Horse Hurt? is a do-it-yourself method for determining when and where your horse hurts. With this easy-to-follow book, conveniently spiral-bound so you can lay it open on your tack trunk and follow the instructions as you work on your horse, you will:

- Become familiar with your horse's normal range of movement so you can prevent minor issues from becoming major.
- Stay in tune with areas of temporary or chronic discomfort so you can offer relief as needed.
- Solve "mystery" or "phantom" lamenesses that come and go seemingly without reason.
- Save thousands of dollars by avoiding expensive diagnostics that rarely get you answers.
- Learn how to discuss potential problem areas with farriers, veterinarians, and bodyworkers.
- Keep your horse actively and happily "in work" for more months of the year, and more years of his life.

## The Experience Economy

Finally, a comprehensive collection of world-renowned equine expert Linda Tellington-Jones' healing equine bodywork and training exercises, for use both on the ground and in the saddle. In one fabulously illustrated book, those new to Linda's approach are provided with a clear, step-by-step introduction to the Tellington Method, while those familiar with her work finally have the ultimate go-to reference. The book is divided into three parts. Part One briefly explains the background of the Tellington Method and then discusses the reasons for unwanted

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behavior and poor attitude in horses. Part Two, arranged alphabetically, contains a compendium of 72 common behavioral, training and health issues, many of which horse people face on a daily basis. In this A to Z format, from Aggressive to Other Horses to Weaving, Linda discusses the possible reasons for these behaviors or problems and offers conventional methods of solving these challenges, as well as training solutions using the Tellington Method. Part Three presents—for the first time in one volume—the complete body of work that makes up the Tellington Method: the Tellington TTouches, Ground Exercises, and Ridden Work. At the end of this section, there is also a detailed case study, which includes 49 photographs showing every step along the way to successfully teaching your horse to load.

### **55 Corrective Exercises for Horses**

With her landmark first book *Horse Speak: The Equine-Human Translation Guide*, trainer Sharon Wilsie upended conventional methods of human-equine communication (using words and ropes, for example) with her clear classification of the language horses use with each other (body, breath, and intent), as well as an unparalleled explanation of how we as humans can effectively mirror it. Learning to “listen” and “talk” to horses in their language, instead of expecting them to comprehend ours, is a milestone in the progressive philosophy of horsemanship, helping find positive solutions to behavior and training problems and ultimately leading to fewer misunderstandings between horses and humans. In

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her much-anticipated follow-up, Wilsie uses true stories to relate examples of “problems” and how they were solved using Horse Speak. Her engaging narrative introduces readers to dozens of real-life scenarios from different barns, various disciplines, and riders and handlers with contrasting experiences and backgrounds. Wilsie highlights her Horse Speak process, the clues that point to the best course of action, and the steps she takes to connect with horses that have shut down, grown confused, or become sulky or aggressive for any number of reasons. The result is a book full of incredible insight and exciting possibilities.

### **How to Think Like a Horse**

Based on archeological findings, the author examines the evolution of the modern horse, including behavior, vision, intelligence, and language

### **Breakthrough!**

A highly illustrated guide to simple yet effective methods for keeping horses sound, healthy, and performing their best. Over time, horses (like people) acquire postural habits, compensate for soreness and injury, and develop poor movement patterns. This limits performance ability, causes unsoundness and health issues, and ultimately undermines the horse's overall well-being. Jec Aristotle Ballou has

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made a name for herself advocating for the horse and providing sensible instruction in his schooling, conditioning, and care. Her bestselling books and popular clinics are designed to enable any horse person to correctly apply proven principles that bring measurable progress while avoiding boredom and confusion. In her latest collection of mounted and unmounted corrective exercises, Ballou demonstrates how we can actively work to improve the horse's posture and movement, whether he is: An active performance or pleasure mount. An aging or older horse that benefits from gentle exercise. A horse being rehabilitated following injury, illness, or lack of conditioning. Ballou's positive cross-training techniques are free of shortcuts, and her guidelines for analyzing the horse's posture and way of going help readers gain a new awareness of the equine body. Applicable for all disciplines and full of quality color photographs to explain the exercises, this is an integral collection that optimizes how the horse uses his body and helps ensure he stays sounder and healthier for more years of his life.

## **The Dressage Horse Optimized with the Masterson Method**

Illustrated in full color throughout, with more than 650 specially commissioned color photographs and diagrams, Complete Horse Care Manual is almost a Vet-in-Your-Pocket for horse owners, telling you how to provide regular care and attention for your horse, how to guard against health problems, and when the problem is serious enough to need professional attention. Providing the enthusiast with a

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sound understanding of how a horse functions, this manual clearly explains in non-technical terms the key elements of the horse's make-up, from legs and joints to teeth and jaws, from body systems to body language. Topics covered include the all-important but routine procedures such as clipping, trimming, and shoeing, to more vital subjects such as grazing requirements and nutritional needs. There are extremely useful 'Disorders' Fact Finder sections, there is advice on horse transport takes into account new research, and the latest information on equine passports and microchipping.

### **The Basic Principles of Equine Massage/muscle Therapy**

Horse Sense provides an in-depth guide to horse care under conditions unique to Australia and New Zealand. It is written in an easy-to-read style to appeal to novices as well as experienced owners and covers all aspects of horse care and management. This new edition provides the latest information on new feeds and supplements, new techniques for handling horses, safe riding, and treating injuries, diseases, worms and other pests. The book also incorporates the latest standards and guidelines for the welfare of horses.

### **Practical Horse Massage**

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Written by pioneering and internationally-renowned specialists in the field, this text provides clinically-orientated information on osteopathy as a treatment for horses. It explains the scientific rationale of how osteopathy works in animals, as well as providing a detailed working guide to the technical skills and procedures you need to know to perform safe and effective osteopathic procedures. Drawing on well established practices for humans this book provides details on the full variety of diagnostic and therapeutic osteopathic procedures that can be used on horses. Full of practical information, it demonstrates how professionals treating equine locomotor problems can adapt different procedures in different clinical settings. Over 350 colour images and detailed step-by-step instructions demonstrate the procedures and practice of osteopathy. Covers treatment both with and without sedation and general anaesthetic. This comprehensive text is written for students and practitioners of osteopathy with an interest in treating horses. It will also be useful to other allied therapists, and to veterinary practitioners who want to know more about the treatment of musculoskeletal problems.

## **The Ultimate Horse Behavior and Training Book**

“Far more than a book about how to care for a horse, though it stands out as one of the best on the subject . . . beautiful” (Susan Richards, author of *Chosen by a Horse*). This unique guide to horsemanship incorporates Eastern philosophy to describe how horses understand and respond to the flow of vital energy around

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them, and how they use this energy, called chi, to communicate with their herd, express dominance, and sense predators. Written by the award-winning author of *The Scalpel and the Soul*, and including forewords by Monty Roberts and Dr. Robert Miller, *Zen Mind, Zen Horse* shares safe, simple techniques to make you more receptive to your animal's chi, so you can develop a calm and effective training style that will not only help your horse follow commands, but strengthen the spiritual bond between horse and rider.

### **The Horse Anatomy Workbook**

An incredible course in preventive and rehabilitative equine therapy techniques for horse owners and professionals.

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### **Beyond Horse Massage**

This book aims to show how the horse's muscles work and explains how this knowledge can be put to good use in riding, whether in competition or for recreation. Using her own careful anatomical drawings, Sara Wyche studies the

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skeleton, the action of the muscles, and the role of the nervous system before applying this information to various riding situations. The demands placed on the horse's systems in dressage, jumping, eventing, racing, and even polo are all examined, with advice on how good riding practice can help avoid problems. With the knowledge of the horse's anatomy gained in this book, the rider will better understand what is being asked of the horse, and how to achieve it with sympathetic riding and horse care, making this an essential manual for all riders.

### **Beyond Horse Massage**

"Featuring the Visible Horse by Susan Harris."

### **Horse Sense**

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