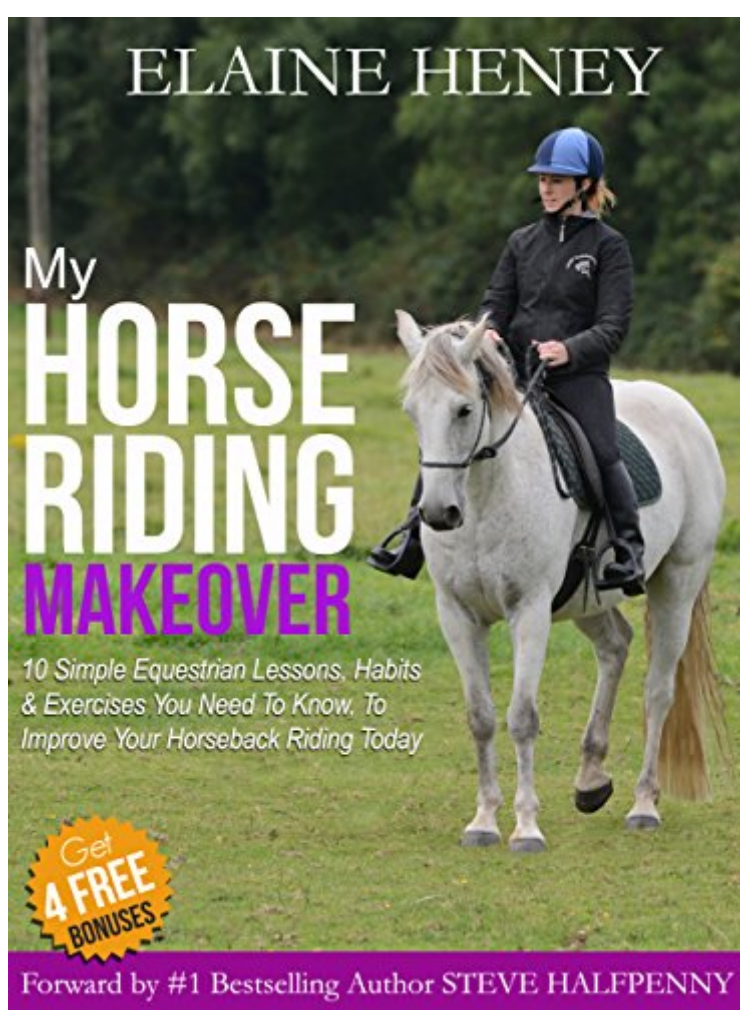


The book was found

My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits And Exercises You Need To Know To Improve Your Horseback Riding Today



Synopsis

*** #1 EQUESTRIAN BESTSELLER in USA, UK & GERMANY *** My Horse Riding Makeover was created to help you discover how you can isolate your bad habits and transform them into good habits! In this book you will learn:â “ 5 Ways to improve your posture every dayâ “ Get fit and healthyâ “ Breathing and smilingâ “ Your 15 minute posture transformationâ “ 4 Proven happiness hacksâ “ Saddle and stirrup designs that workâ “ Stop staring at your horseâ™s earsâ “ Get out of your horseâ™s wayâ “ Effective communicationâ “ Advanced rider biomechanicsYouâ™ll discover simple techniques you can start using today to help set you on the right path. You will discover insights and advice from leading international doctors, chiropractors, equine dentists, yoga teachers, horse trainers and posture experts. You will also access special bonuses - exclusive with this book - that you can download instantly.GET 4 FREE EQUESTRIAN BONUSES WITH THIS BOOK:â ¢FREE #1 bestselling book Ozzie: The Story of a Young Horseâ ¢FREE The Horse Riding Posture Checklistâ ¢FREE Saddle fit and design interview with #1 international saddle company in Germanyâ ¢FREE Video #1 in the Honest Horse Riding Yoga for Horseback Riders programYou can achieve greater health, harmony and happiness in your life and become the beautiful elegant horse rider that youâ™ve dreamed of being. Today is the perfect day to begin! My Horse Riding Makeover includes guest contributions by Amanda Barton, Peter Bennett, Sarah Brady, Isabell Brenner, Lisa Bruin, Kas Fitzpatrick, Cathy Johns, Ben Moxon, Tony Oâ™Connor, Maria Oâ™Neill, Maria Oâ™Rourke, Dr. Nikki Osborne, Janet Patterson, Karen Rohlf, Johannes StÃ bben and Tom

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REVIEWS:There are many things I liked very much and identified with as both a rider and an instructor. Some was familiar and some was either brand new or a new way of thinking of a challenge, particularly the chapter about getting out of your horse's way. I loved what you had to say about honest intent versus actions you think you want. Spot on! It's also very nice to hear someone besides me talk about landing softly in a saddle when mounting. It sets the tone for your ride, in my opinion. Spot on again. There are many things I enjoyed and I wish you every success. Carmel, Ireland. I enjoyed the chapters. They were easy to read and digest. I've fixed my workstation at work and altered my driving position. I have also started channeling thoughts that don't need to be in my head! Breathing is always something I have strived to get right as I do stop breathing during times of pressure, Showjumping in particular! So it's good to have a refresher. Gemma, UK. The links offered in the book are super. For all dedicated riders the more info we can get the better knowledge we have. As a rider and horse owner everyday is a learning curve. I tried the breathing exercises as

I was sat on the sofa reading this book. I felt good doing them. Michelle, UK.

Book Information

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Customer Reviews

Posture is important for teen girls and I appreciate that Elaine spends time going over this in her book. I bought this for my 12 year old daughter. Good work!

A must read for anyone wanting to improve their horse riding skills and knowledge. Elaine's book gives a great insight into how to understand the importance and effects that a rider's posture and body language has on their horse. The book is very well written, with clear and easy to understand points. Thanks Elaine for sharing your knowledge and experiences so that we can all learn and progress with our horses.

I love this book and all the extras. Has put a lot things into perspective for me.

A must read for all horse riders. Amazing tips & easy to follow exercises for the rider as well as extra online support.I really enjoyed this book.

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