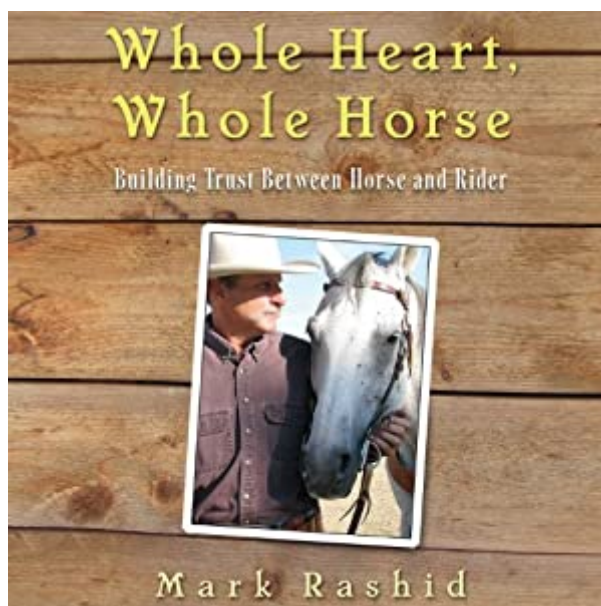


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# Whole Heart, Whole Horse: Building Trust Between Horse And Rider



## Synopsis

Many horse trainers, even those who espouse the so-called natural horsemanship approach, take the position that horses who fail to obey a human's request are doing so as much out of perversity as ignorance. That's not Mark Rashid's view. In his words, "If we understand that horses can't separate the way they feel from the way they act, then we can start to see that unwanted behavior isn't bad behavior at all. More times than not, it's just the horse expressing the way he feels at that particular moment in time....How we perceive that information dictates how we respond to it. Whole Heart, Whole Horse focuses on this idea, covering such subjects as gathering information from the horse, turning rider/trainer mistakes into positive experiences, developing realistic boundaries between you and your horse, understanding how and why horses release energy from real or perceived traumas, and reaching a comfortable balance point between horse and rider. Rashid analyzes developing softness, consistency, dependability, trust, and peace of mind in both horses and humans, as well as how to become a leader whom your horse will willingly want to follow and work with. Full of examples that extend beyond the training pen, Whole Heart, Whole Horse offers good sense and information that will make you a more astute, capable, and sensitive horseman and person.

## Book Information

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## Customer Reviews

Although I'm not a trainer, breeder, or expert...I've owned and ridden horses of varied breeds, English and Western, for 50+ years. Sadly, I had to get a few miles on me before I allowed myself to

begin to "think" and "feel" out of the box.... and was then able to realize what horses were teaching me! This book is not a training manual or a step by step "how to" fix it book. It's about attitudes, value systems, and relationships. It should be a mandatory read for any one who has any thing to do with horses. From my observations, some horse people misinterpret fear and/or pain in their horses as a lack of respect or simply bad behavior. Mark Rashid's writing style slowly ebbs away the potential for that kind of misinterpretation and creates the possibility of other options. This book solidified the very things I had begun to think, question, and experience with my horses and their individual personalities and issues. It's one I will read over and over.....it really is about the journey!

I love reading Mark Rashid's books. I am pursuing horseback riding in my fifties. I have learned a lot from Mr. Rashid's insights into horses. He also has a great writing style. He communicates a lot through his various stories.

I just re-read this book for a 2nd time. And loved it even more! Mark Rashid's approach to thinking outside the box when it comes to horse behavior, and his journey of how his relationship developed with the horses that taught him so much. Rather than a step-by step tutorial, it is a story that made me think of my horses and my relationships with them. Even if you don't own horses, I would highly recommend reading this book, the story is amazing and I loved every page.

Having been involved with horses my whole life, I enjoy Mark's books for bringing a more expansive feeling to the mechanics of riding. The stories make learning easy especially in relating to real life situations. My only reservation is that in all his stories, the riders seem to be good and only lacking understanding. Too often I see ones with bad seats and hands interfering with the horse. They don't seem to show up at Marks' clinics.

I've been a avid reader of horse and mule books for over 50 years. Mark Rashid is by far the best writer on the subject of relationship building with your equine partner, I have ever read. His insight on the mind of the horse and why it does what it does is brilliant. I have read all of his books and they captivate my attention from the very beginning. I have learned so much about my horses and mules and I continue to be thrilled that he never runs out of relevant material. I can't wait for his next, soon to be released, masterpiece. I highly recommend his books to anyone who really wants to understand their equine partner and do what is best for them and yourself in the process.

While reading this particular book my horse rescue had acquired two new rescues. Both with very different pasts and unique stories. Along with unique personalities! I couldn't help but put so much thought in to what I had read and tried to behave the way the old man would while working with our new horses. I hope that I do them right and I know that these books make me better. I'm grateful for that.

.. i loved the book, Mark Rashid is an amazing trainer with common sense ways of doing things. Has made me think a bit and change some of the techniques that i have used from other trainers.. i love his books this is the second one i have read. i plan to get more. They are easy to read and his way of doing things is easy to understand and put into practice.

I've read most of Mark Rashid's books and like them all. There are so many theories and ways that people handle horses and so many have very strong opinions. Mark is refreshingly flexible and open minded in his approach. Above all, he tries to see things from the horse's perspective and go from there. And it is clear he loves and respects horses in their own right. This, and all his books are filled with stories and lessons and you come away having learned something and being entertained. You won't be sorry you read this book.

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