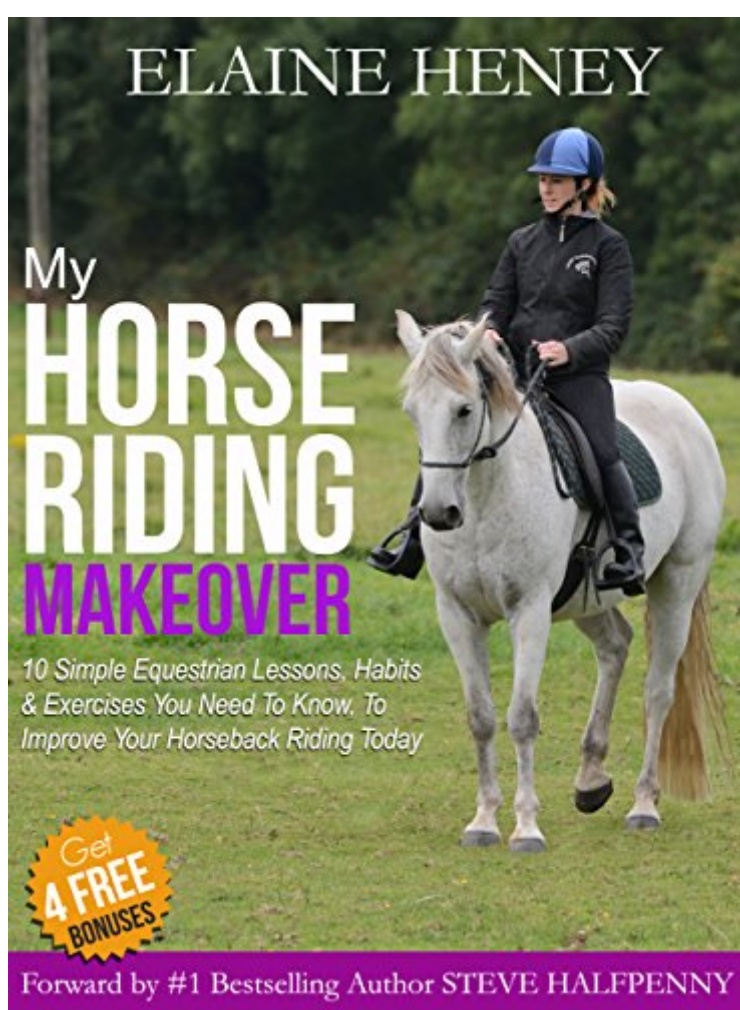


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# My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits And Exercises You Need To Know To Improve Your Horseback Riding Today



## 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: “ 5 Ways to improve your posture every day “ Get fit and healthy “ Breathing and smiling “ Your 15 minute posture transformation “ 4 Proven happiness hacks “ Saddle and stirrup designs that work “ Stop staring at your horse “ TM’s ears “ Get out of your horse “ TM’s way “ Effective communication “ Advanced rider biomechanics You “ TM’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: “ FREE #1 bestselling book Ozzie: The Story of a Young Horse “ FREE The Horse Riding Posture Checklist “ FREE Saddle fit and design interview with #1 international saddle company in Germany “ FREE Video #1 in the Honest Horse Riding Yoga for Horseback Riders program You can achieve greater health, harmony and happiness in your life and become the beautiful elegant horse rider that you “ TM’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 O “ TM’Connor, Maria O “ TM’Neill, Maria O “ TM’Rourke, Dr. Nikki Osborne, Janet Patterson, Karen Rohlf, Johannes St “ TM’bben and Tom

Widdicombe. \_\_\_\_\_ EARLY

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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My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today Equitation Tips- 20+ Exercises to Improve Your Riding Position: For Dressage, Hunter, Jumper and Horseback Riding in General (Equestrian Skill Builders Book 1) Horseback Riding - 10 Simple Lessons That Will Transform Your Horse Riding and Training Advanced Techniques of Dressage: German National Equestrian Federation (German National Equestrian Federation's Complete Riding and) Habits: How to Develop Strong, Positive Habits Into Your Life for Long Lasting Change (Habits, Daily Routines, Exercise Habits, Habit Stacking, Mindset) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days 601 Words You Need to Know to Pass Your Exam (Barron's 601 Words You Need to Know to Pass Your Exam) The Life and Death of Hobby Horse Hall Race Track: Documentary on horse racing in The Bahamas 200 years of lost rich Bahamian history. You never know what got until you lose it. Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) 50 Maths Ideas You Really Need to Know (50 Ideas You Really Need to Know Series) Everything You Need...english To Know About English Homework (Everything You Need to Know about (Scholastic Paperback)) Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 The No-Drop Zone: Everything You Need to Know about the Peloton, Your Gear, and Riding Strong Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Everything You Need to Know about the Dangers of Tattooing and Body Piercing (Need to Know Library) Planet Law School II: What You Need to Know (Before You Go), But Didn't Know to Ask... and No One Else Will Tell You, Second Edition Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness)

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