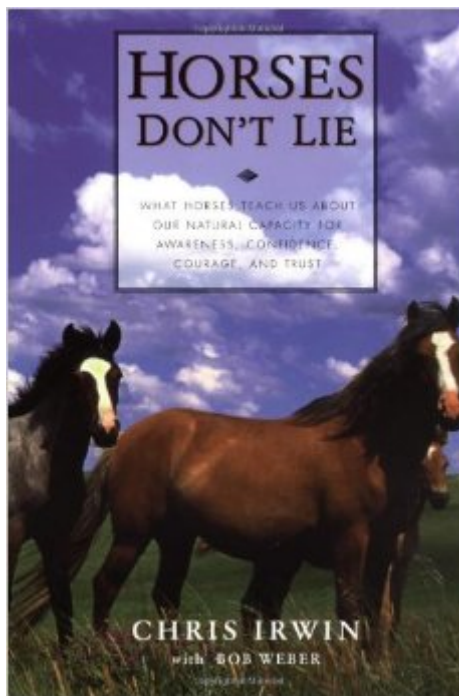


The book was found

Horses Don't Lie: What Horses Teach Us About Our Natural Capacity For Awareness, Confidence, Courage, And Trust



Synopsis

In *Horses Don't Lie*, Chris Irwin, one of the most successful horse whisperers in North America, shows us that horses have much to teach us about ourselves when we strive to understand their behavior. Based on more than twenty years of working with, training, and observing horses, Irwin explains why trust and honesty are essential elements in building relationships with horses, and why the sensitivity and awareness that characterize a horse's perception of the world are qualities we can use to enrich our own lives. "A horse knows what you know," Irwin reminds us, and in *Horses Don't Lie* his message is clear: Horses have a great deal to teach us about how to communicate with empathy and patience—not only with them, but also with each other.

Book Information

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Customer Reviews

This is one of the best books I have ever picked-up. As attuned as I feel toward horses and as high as is my esteem for them as living and glorious creations, I certainly still learned a thing or two about their natural behaviors from this book! Chris Irwin is a knowledgeable horseman and his techniques, as well as the reasons behind them, have unlocked a treasure chest for me. I have always been much more than a casual observer of the horses I have known or spent time with... Chris described exactly certain situations I have been in with horses, and he explained the reasons why what happened, did happen. In particular, his description of the "driving" force in the equine body language was incredibly informative. This helped me to understand the problem I had with one quite unusual gelding last summer...he ("T-Boy") would not let me go "behind" his shoulder

area when he had his freedom, and he was uncomfortable with having me near his tail when he did not have his freedom...now I know why. This particular horse got over his seemingly insurmountable problems and became a delightful riding horse with gaits that would spoil a prince. However, I never did know WHY he finally stopped displaying that particular strange behavior (not wanting me near his "southern-half"). I was amazed to read of this very situation in Irwin's book, "Horses Don't Lie". I was elated to understand the situation (finally) and more than a little bit embarrassed that I never had the real key to understanding that particular glitch with "T-Boy". It was, as I thought, a trust issue, but it was so much more than that. Irwin surely has second-sight, and can explain his insights very well.

You may conclude from the title that this book is filled with long philosophical chapters that will be easily forgotten once read. Not so. Chris Irwin presents his subject (which is much broader than you may think) with concrete advice and solid information that he has gathered through his many years of experience with horses. He writes with an honest, down-to-earth style that is guaranteed to both touch your heart and appeal to your mind. The first half of the book is a study of horse psychology in comparison to human psychology. Chris explains the different ways that horses and people view the world using the terms 'prey consciousness' and 'predator consciousness'. Although many horse people are aware that horses view their world from the eyes of a prey, they don't quite comprehend that we approach horsemanship from the eyes of a predator. This is the first book I have read that thoroughly explores this issue and offers solutions and ideas to help us bond with our horses. Chris also runs through identifying equine body language to enable us to effectively understand and communicate with horses. Following that, he uses metaphors and imagery weaved with realistic tips and guidelines to explain the basis of achieving smooth forward movement in the horse, both from the ground and under saddle. The second half of the book I found not particularly useful as I couldn't apply his message to myself. The author devotes an entire chapter to encourage people to get in touch with their inner self, develop a positive attitude, heal their souls, and generally change their outlook on life into a brighter and more productive view. Once he was through with that, he finally discussed the subject of how horses can help us heal from within.

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