



Horseback Riding: The Complete Beginner's Guide - All You Need To Know About Horseback Riding BEFORE Your Take Lessons!

Charlie Hicks

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What our readers are saying... "It is extremely helpful and fills in a lot of holes ? big holes. It is one of the best books that I have read." "It is fabulous! Even better than you say! The girls and I had beginning riding lessons which were invaluable. But, there are things in this Beginner?s Guide that we never learned in our lessons." Horseback Riding: The Complete Beginner?s Guide - All you need to know about horseback riding BEFORE you take lessons! I can only assume that you are serious about horseback riding and want to start out the right way. You?ll hear me throughout this book talk about SAFETY, SAFETY, and SAFETY! You can never be too safe while being around these huge animals! We?ll discuss the safety issue in depth at different points in the book. I know you must have lots of questions ? that?s why have I prepared this book: To help anyone of any age to learn all the basics about horseback riding prior to getting on a horse for the first time. There are many things you need to understand before mounting and riding for the first time. This book will take you item by item through all of these critical concepts to help you understand how a horse thinks, how he?s made, his physical characteristics, etc. You will also have to prepare yourself both physically and mentally. Riding horses is like no other sport - you see, if you play golf, tennis, swim, jog, play football or basketball, lift weights?. whatever it is (except for some team interaction) how well you do in that sport is pretty much determined by what YOU can do physically. How much speed, strength, finesse, coordination, etc. you can develop determines how well you?ll do. But, when riding, you now have a partner?the horse?who, unlike a tennis racquet or golf club?has a mind of his own. Success depends on you working together as a team. Plus, your physical build and shape will also determine how well your horse can perform. Together you are a team and you can help each other out by being physically fit. Horseback riding also helps you develop specific muscle groups that are not worked regularly in other sports In the horse world, your success is determined by how well you can control, understand and harmonize with a 1,000-pound animal that has superior strength, is faster and has a better-developed nervous system than you. The way you overcome these strengths in a horse is to understand what the horse?s limitations are. Understanding the horse?s body, what makes him tick and how the horse?s brain works is the key to controlling him. If you don?t figure this out and understand the horse then you?ll constantly be fighting him and your experience will go sour. Riding horses is like no other sport - you see, if you play golf, tennis, swim, jog, play football or basketball, lift weights?. whatever it is (except for some team interaction) how well you do in that sport is pretty much determined by what YOU can do physically. How much speed, strength, finesse, coordination, etc. you can develop determines how well you?ll do. But, when riding, you now have a partner?the horse?who, unlike a tennis racquet or golf club?has a mind of his own. Success depends on you working together as a team. Plus, your physical build and shape will also determine how well your horse can perform. Together you are a team and you can help each other out by being physically fit. Horseback riding also helps you develop specific muscle groups that are not worked regularly in other sports. Let's get started! Click the Buy Button - You'll be in the saddle in no time!

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