



# How Your Horse Wants You to Ride: Starting Out, Starting Over

*Gincy Self Bucklin*

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# How Your Horse Wants You to Ride: Starting Out, Starting Over

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## **How Your Horse Wants You to Ride: Starting Out, Starting Over** Gincy Self Bucklin

Learn to ride correctly, safely, and confidently

In this breakthrough guide, renowned riding expert Gincy Self Bucklin offers adult riders a unique, proven method for developing a good physical, mental, and emotional relationship with a horse. Whether you're a beginner, a more experienced rider looking to enhance your skills, or someone who used to ride but is reluctant to try again, Bucklin's step-by-step exercises—slowly and carefully practiced first on the ground and then on your horse—will have you riding with confidence and without fear. You'll build a safe and caring partnership with your horse as you:

- \* Understand how your actions affect your horse
- \* Improve your form, release tensions, and find balance
- \* Communicate with your horse to gain his trust
- \* Stay in charge without being controlling
- \* Observe your horse's responses and learn from them
- \* Increase your horse's comfort—both physically and psychologically

""If you've ever said to yourself, 'Why can't I . . . ?,' you'll find the answer here to why you can't, and exactly how to solve the problem. Whatever your level, you'll gain greater understanding and become a better rider and horseman from reading this book.""

-George H. Morris, internationally renowned clinician, USEF Show Jumping vice-president, ARIA master instructor, and member of the U. S. Equestrian Federation Board of Directors

""How Your Horse Wants You To Ride is chock full of innovative and practical tools presented in a thoroughly entertaining style. A delightful read for riders at all levels!""

-Jane Savoie, olympic alternate and author of *That Winning Feeling!*, *Cross Train Your Horse*, *More Cross Training*, and *It's Not Just About the Ribbons*

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