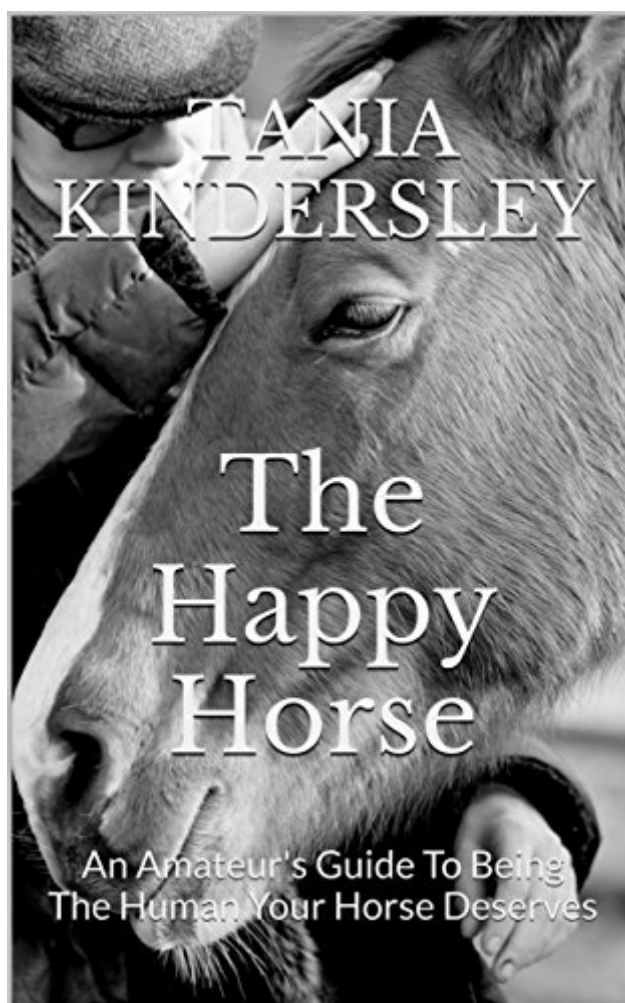


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# The Happy Horse: An Amateur's Guide To Being The Human Your Horse Deserves



## Synopsis

The journey of one rusty human and one mighty mare into a new horsemanship. And everything we learnt along the way.

## Book Information

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## Customer Reviews

Tania Kindersley shows enormous dedication in her quest to understand her horses, and in the knowing, create the happiest life possible for them. She's put her experience, her learning and her errors to good use by taking others along for the metaphorical ride, and in the process hopefully shared a very important message. I read this as a part of searching for any way I could to get over my newly (re-)developed fear of being in the saddle. A devastating experience for me, because having found the courage to get back into the saddle after many years away was one of the most wonderful things in my life. Unfortunately a few small, silly incidents over a short time, shook my confidence to the core. I can't say that I found a new way to communicate with horses here - but it helped me enormously to remember that it's up to me to have the courage to lead the horse I'm riding, instead of being merely a lump of nervous energy, hoping that the horse I'm on is sensible and relaxed. I'm digging deep for my Lead Mare energy now, and the simple fact of reminding

myself of that has helped enormously. I gave the writing 4 stars. The extra star is for the fact that she's spreading a message that deserves the biggest audience possible.

As a fellow follower of Warwick Schiller's principles and The Damn Plan, I can tell you that Tania absolutely speaks truths in this book. If you own a horse, or even wish to someday, her words of honest wisdom will make you strive to have the happiest horse you possibly can. So very well written and truly motivating. Thank you Tania!!

This book helped me understand so much more about my journey with my own mare who has not been at all what I thought I had bought. But has turned out to be so much more in unexpected ways. Being able to relate to the author's journey which is what I am now going through has given me so much hope but based on wisdom that I will carry with me forever. A great tool to take with me on my learning journey. I highly recommend this book to any horse person looking to do it better for the horses.

I just recently bought my first horse and a place in the country where he can run free with his herd of two goats. I have never ridden a horse before but I have read every book about them that I could get my hands on. I have learned a lot, but I still felt uneasy with my massive Haflinger gelding. And I felt silly and pressured when people constantly asked me "are you riding him yet?" Then I read The Happy Horse a couple of months ago and I felt the weight of the world lift from my shoulders with one simple statement "give your new horse the gift of time." That is exactly what I needed to hear and I had never, ever read that before! I became even more relieved and grateful when I read that even a year is not too long to wait for your horse to come around and trust you and want to work with you. This book has changed my life with my horse and he and I will be so much better for it! I am giving him and myself the gift of time to grow a relationship built on trust and respect. I am so grateful to Tania Kindersley for giving me the peace of mind I needed to just enjoy my horse and the knowledge I needed to ensure he is a Happy Horse!

Being a middle aged woman, acquiring two horses within the last 6 months and having been away from horses since the age of 20, I related so much to this author. I did not have a happy horse as a teen and made so many mistakes with my first horse. I want to be a better human to my horses and yet I share so many of the same fears the author did when she started out. (As well as more than a few sideways glances from family and friends when I told them I bought two horses. Clearly I was a

bit touched!). Her story felt very comfortable and gave me a certain optimistic outlook that perhaps this middle aged woman could have happy horses and a good relationship with my horses - even though I am a novice. I will read this book again and again when I need reassurance that mine and the horses hard work through patience, baby steps , consistency and understanding will reward all of us with mutually beneficial and happy relationships.

I've never written a book review before, probably because I've never felt this strongly about a book before. Like others who have written here before me, I too have read many books on horses -- how to work, train, ride and understand them. With few exceptions, most were not standouts. This book (for me) is a standout. The chapters are short and read like a conversation between friends. Ms. Kindersley mentions/quotes people I've come to admire but not always understood (Ray Hunt, Tom and Bill Dorrance, Buck Brannaman) and put their words in context for me in a way that helped me understand -- or at least pointed me in the right direction. That alone was worth the price of the book X 10. She also mentions a fellow by the name of Warwick Schiller. Prior to the book, I had never heard of Schiller. I found him on the internet and as luck would have it, he was offering a clinic in Missouri, just a hundred miles or so from where I live. Watching him work with horses and their riders was the best 2 days I've spent in a long time. Needless to say, I'm hooked. Things about myself and horses became clear to me in a way that I had not experienced before. Her book and the Schiller Clinic were gifts that came out of nowhere. Tania Kindersley's book isn't for everyone but it sure spoke to me. Her words seem to be chosen with great care and while I haven't found many books that are worth reading twice, I can guarantee you that I will be reading this one again..

It is an easy read and really makes you think about how you interact with your horse and what makes them happy. I am enjoying reading this book.

I really enjoyed this book. It was a little slow at times and repetitive but gives you a lot of great information and sources, I'm also coming back to horses after many years and could easily relate to the journey the author has made.

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