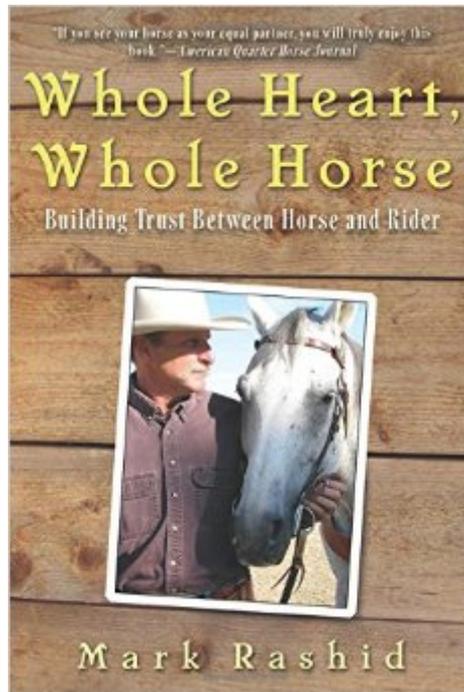


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# Whole Heart, Whole Horse: Building Trust Between Horse And Rider



## Synopsis

Many horse trainers, even those who claim to follow the so-called natural horsemanship approach, take the position that horses that fail to obey a human's request are doing so as much out of perversity as ignorance. That's not Mark Rashid's view. In his words, "If we understand that horses can't separate the way they feel from the way they act, then we can start to see that unwanted behavior isn't bad behavior at all. More times than not it's just the horse expressing the way he feels at that particular moment in time." *Whole Heart, Whole Horse* focuses on this idea, covering such subjects as gathering information from the horse; turning rider/trainer mistakes into positive experiences; developing realistic boundaries between you and your horse; understanding how and why horses release energy from real or perceived traumas; and reaching a comfortable balance point between horse and rider. Rashid analyzes developing softness, consistency, dependability, trust, and peace of mind in both horses and humans, as well as how to become a leader whom your horse will willingly want to follow and work with. Full of examples that extend beyond the training pen, *Whole Heart, Whole Horse* offers good sense and information that will make you a more astute, capable, and sensitive horseman or horsewoman and human being.

## Book Information

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## Customer Reviews

I'm not a fan of Rashid's books because I'm an "If you do A, then you get B" type of rider, looking for concise instruction (and always lost when I don't get the expected results!). Rashid's method of telling you "how to" with a story has always frustrated me - up until this book. In *Whole Heart, Whole*

Horse" Rashid puts into words many "how to's" that other clinicians and instructors say but never explain. For example, how the rider can learn to bring up their energy - or why they should bring it down. His chapter on balancing (emotions and energy) is excellent and, like almost all of the chapters, has been bookmarked by me to read again and again. If you want to just be a rider, this isn't the book for you. However, if you want to be a horseman, you need to own this book.

I picked this up as a 2-fer with another Rashid book I'd been looking for. As it turned out, this is going to be one of those books I'll reread frequently. As is his habit, Mark Rashid uses words to explain the unexplainable and does it in an eminently readable style. I wound up keeping this one in the tack room so I could read it after my rides while hand-grazing my horse. If it were smaller format, it would probably go with me for reading at stop lights and during boring social events as well. In *Whole Heart, Whole Horse*, Rashid goes beyond basic training into what really makes a horse tick and how a human friend can use true understanding to improve both the relationship between them and the horse's life in captivity. I found so many insights that I couldn't read more than a few pages without rushing out to apologize to one or another of my horses and try some new approach. I won't pretend to have Rashid's amazing ability to sense what a horse is thinking, but there are some tales in the book that led even me to a higher level of sensitivity in dealing with my equines. My only complaint is that my entire herd is so calm and happy now, I'm running out of funny stories to share with friends and add to my own books! Great book from a great horseman!

Mr. Rashid has written a wonderful book. I thoroughly enjoyed this book from cover to cover. Once again Mark relates stories of his time with "the old man". He also intersperses clinic experiences. Mark relates "horse stories" in an enjoyable, easy to read manner, yet touches on the core of understanding and interacting with these marvelous creatures. I especially found the chapter on Trauma interesting, having spent the last 3 years rehabbing a traumatized horse. The chapter on Information is great. Mark believes horses are not disrespectful or bad; they are just giving us information. It is what WE do with that information that makes the difference. The story about The Black is heart felt. The gelding that could not wait to get back to the barn and why (you have to read the book to find out) is funny and surprising. This book touches all the emotions; it will make you laugh, cry, and ponder your relationship with your horses. The photographs at the beginning of each chapter are also a special treat. The only problem with the book is it ended too soon. I HIGHLY recommend this book (as I do all of Mark's books).

Although I'm not a trainer, breeder, or expert...I've owned and ridden horses of varied breeds, English and Western, for 50+ years. Sadly, I had to get a few miles on me before I allowed myself to begin to "think" and "feel" out of the box.... and was then able to realize what horses were teaching me! This book is not a training manual or a step by step "how to" fix it book. It's about attitudes, value systems, and relationships. It should be a mandatory read for any one who has any thing to do with horses. From my observations, some horse people misinterpret fear and/or pain in their horses as a lack of respect or simply bad behavior. Mark Rashid's writing style slowly ebbs away the potential for that kind of misinterpretation and creates the possibility of other options. This book solidified the very things I had begun to think, question, and experience with my horses and their individual personalities and issues. It's one I will read over and over.....it really is about the journey!

Rashid is a widely-respected horseman, and reading 'Whole Heart...' is like having an afternoon to sit and listen to him reminisce about experiences of building trust with horses he has known. His stories have a message that is worth remembering. This not an instruction book however; there are no step-by-step procedures. I'm glad to have read this book but it was not what I was looking for.

Once again Mark Rashid has delivered words of wisdom in a down-home story telling style. Mark relates anecdotes from his boyhood to illustrate the qualities and techniques required in training horses (and, in some cases, training ourselves!). I couldn't put this book down and sat up way past my bedtime to finish it. If you have read Mark's other books and gotten to know "the old man", you will find this book a fascinating continuation of the story and if you haven't read the previous books, reading this book will send you on a search to get all the previous Mark Rashid books.

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