



# **My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today**

*Elaine Heney*

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\*\*\* #1 EQUESTRIAN BESTSELLER in USA, UK & GERMANY \*\*\* My Horse Riding Makeover was created to help you discover how you can isolate your bad habits and transform them into good habits! In this book you will learn:

- 5 Ways to improve your posture every day
- Get fit and healthy
- Breathing and smiling
- Your 15 minute posture transformation
- 4 Proven happiness hacks
- Saddle and stirrup designs that work
- Stop staring at your horse's ears
- Get out of your horse's way
- Effective communication
- Advanced rider biomechanics

You'll discover simple techniques you can start using today to help set you on the right path. You will discover insights and advice from leading international doctors, chiropractors, equine dentists, yoga teachers, horse trainers and posture experts. You will also access special bonuses - exclusive with this book - that you can download instantly.

**GET 4 FREE EQUESTRIAN BONUSES WITH THIS BOOK:**

- FREE #1 bestselling book *Ozzie: The Story of a Young Horse*
- FREE The Horse Riding Posture Checklist
- FREE Saddle fit and design interview with #1 international saddle company in Germany
- FREE Video #1 in the Honest Horse Riding Yoga for Horseback Riders program

You can achieve greater health, harmony and happiness in your life and become the beautiful elegant horse rider that you've dreamed of being. Today is the perfect day to begin!

My Horse Riding Makeover includes guest contributions by Amanda Barton, Peter Bennett, Sarah Brady, Isabell Brenner, Lisa Bruin, Kas Fitzpatrick, Cathy Johns, Ben Moxon, Tony O'Connor, Maria O'Neill, Maria O'Rourke, Dr. Nikki Osborne, Janet Patterson, Karen Rohlf, Johannes Stübben and Tom Widdicombe.

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**EARLY REVIEWS:**

There are many things I liked very much and identified with as both a rider and an instructor. Some was familiar and some was either brand new or a new way of thinking of a challenge, particularly the chapter about getting out of your horse's way. I loved what you had to say about honest intent versus actions you think you want. Spot on! It's also very nice to hear someone besides me talk about landing softly in a saddle when mounting. It sets the tone for your ride, in my opinion. Spot on again. There are many things I enjoyed and I wish you every success. Carmel, Ireland.

I enjoyed the chapters. They were easy to read and digest. I've fixed my workstation at work and altered my driving position. I have also started channeling thoughts that don't need to be in my head! Breathing is always something I have strived to get right as I do stop breathing during times of pressure, Showjumping in particular! So it's good to have a refresher. Gemma, UK.

The links offered in the book are super. For all dedicated riders the more info we can get the better knowledge we have. As a rider and horse owner everyday is a learning curve. I tried the breathing exercises as I was sat on the sofa reading this book. I felt good doing them. Michelle, UK.

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### **From reader reviews:**

#### **Fernando Levering:**

This My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today book is simply not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is definitely information inside this reserve incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This particular My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today without we understand teach the one who examining it become critical in thinking and analyzing. Don't possibly be worry My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today can bring whenever you are and not make your tote space or bookshelves' grow to be full because you can have it within your lovely laptop even cellphone. This My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today having great arrangement in word and layout, so you will not truly feel uninterested in reading.

#### **Dennis Scott:**

This book untitled My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today to be one of several books in which best seller in this year, here is because when you read this publication you can get a lot of benefit on it. You will easily to buy this particular book in the book store or you can order it through online. The publisher of the book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Touch screen phone. So there is no reason for your requirements to past this reserve from your list.

#### **Karen Johnson:**

A lot of people always spent their own free time to vacation or even go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read some sort of book. It is really fun in your case. If you enjoy the book which you read you can spent all day long to reading a book. The book My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In case you did not have enough space bringing this book you can buy the e-book. You can m0ore easily to read this book from a smart phone. The price is not too expensive but this book offers high quality.

#### **John McKeever:**

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this modern era like currently, many ways to get information are available for a person. From media social such as newspaper, magazines, science guide, encyclopedia, reference book, new and comic. You can add your understanding by that book. Do you want to spend your spare time to spread out your book? Or just trying to find the My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today when you essential it?

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