



# **It's All About Breakthroughs!: Hundreds of Exercises that Will Make You and Your Horse True Partners!**

*Bob Jeffreys*

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Frustrated horse riders will be able to forge partnerships with timid or resistant horses with this dynamic natural horsemanship approach. English and Western riders will learn to cross the mental and physical barriers they have with their horses through step-by-step exercises and confidence building techniques. Riders of all levels will learn what motivates a horse, how to calm an excited horse, and how to lead, load, and trailer a horse that is easily spooked. Offering advice from personal experiences and discussing the hands-on training to be gained at riding clinics, this guide includes sidebars that make this an easily referenced and cleanly designed resource.

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