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Horses and Hearts

Paisely Smoot

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Horses and Hearts Paisely Smoot
Horses and Hearts is a memoir composed of short stories experienced during thirty years of training horses and teaching riding lessons. The main emphasis of the book is how horses, through their very honest nature can guide us along the path toward creating better relationships through understanding how to communicate in a loving and patient manner. The author states: "When dealing with horses, we must learn how to confront issues in a positive encouraging manner. Anger and frustration only confuse whatever problems there may be in communication." The individual case histories of horses and students, at times quite humorous, illustrate how we all stumble along trying to do our best with whatever characteristic tools we have at the moment. Life is a learning process. Horses are some of our best teachers. We need to learn how to listen, how to be alert, and how to lovingly respond to the atmosphere around us so that we can become good riders and healthier people. The names of people and locations have been changed.

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