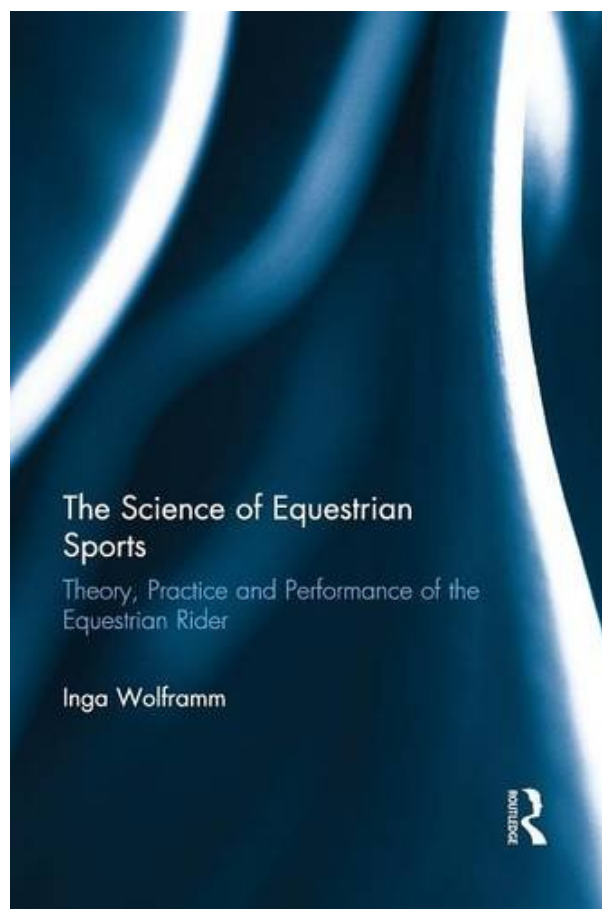
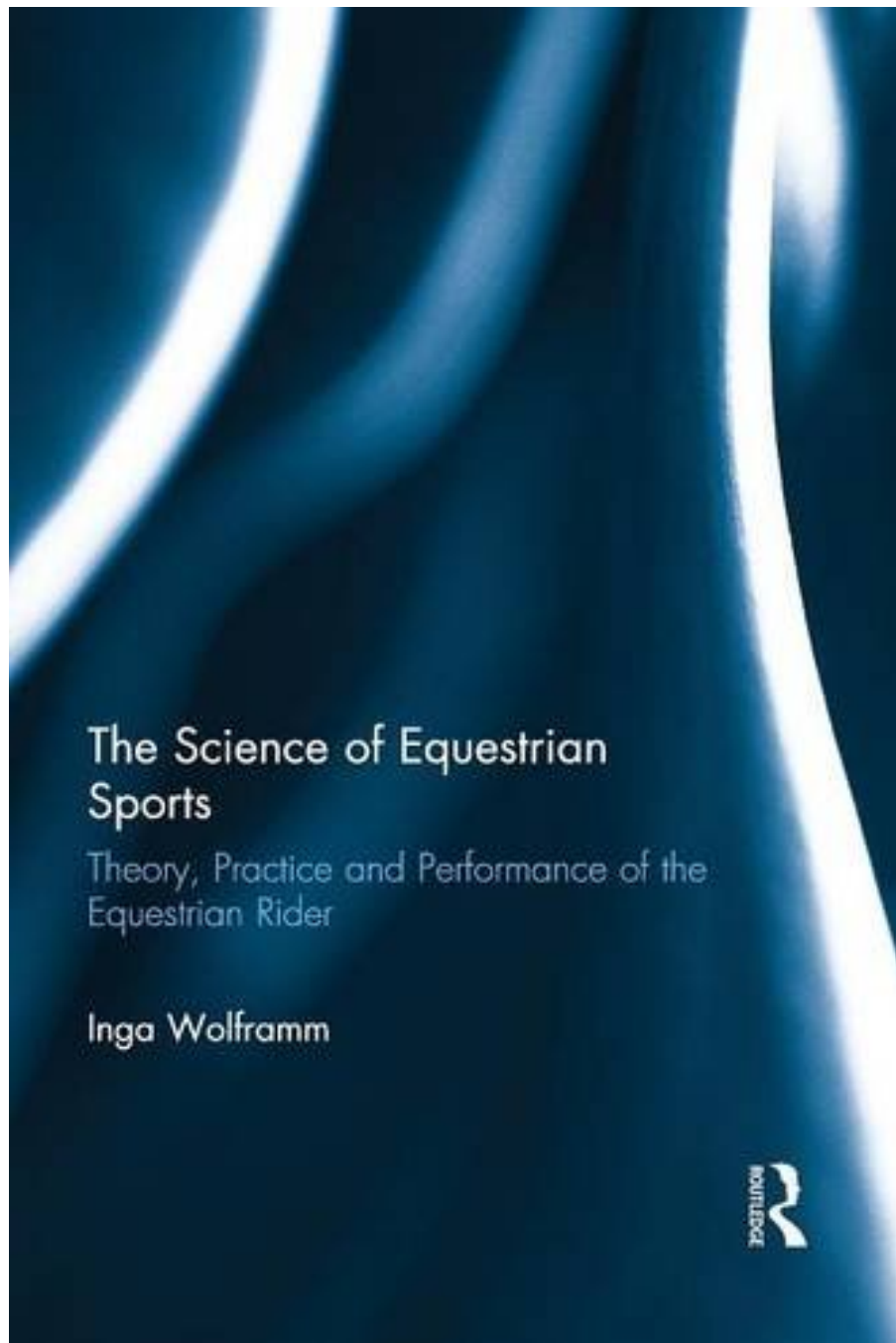


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"This is a landmark text for all riders, if they are truly committed to do the best for their horses rather than simply pay lip service to the notion of excellence in training and riding. Every horse deserves a rider who has read this book!"

Dr Andrew McLean, Director Australian Equine Behaviour Centre & Equitation Science International and President of the International Society for Equitation Science.

## About the Author

Inga Wolframm is a Senior Lecturer at the University of Applied Sciences Van Hall Larenstein, the Netherlands, an accredited sport psychologist and a Council member of the International Society for Equitation Science (ISES). Her research interests focus on psychological, physiological and social processes in the rider, including horse-rider interactions.

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Drawing on the latest scientific research, and covering every equestrian discipline from horseracing to eventing, the book systematically explores core subjects such as:

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