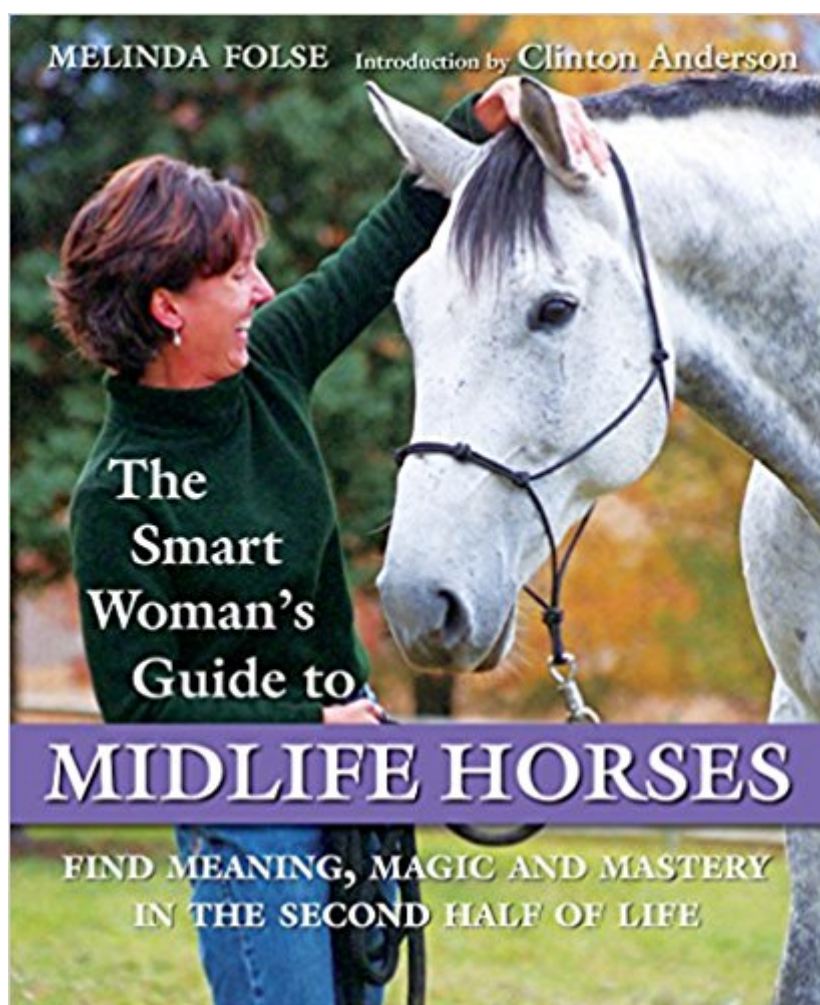


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The Smart Woman's Guide To Midlife Horses: Finding Meaning, Magic And Mastery In The Second Half Of Life



Synopsis

Arguing that riding horses is a great outlet for the stress women feel when facing the challenges of middle age, this unique book provides step-by-step instructions for getting back in the saddle. Though the physical, emotional, and financial demands of midlife horsemanship can create unanticipated insecurities, this guide answers with insights from sports psychologists, advice from world-renowned equine experts, and moving, real-life stories from women who share how rediscovering their love for horses has added to their lives. Tools and resources for easing the transition are accompanied by words of encouragement and empowerment that demonstrate how enriching a midlife relationship with horses can be. When you were a little girl, did you dream of horses, choosing Breyers over Barbies—plastic horses over plastic dolls? For the past several decades, has your life been more about taking care of others than taking care of yourself while your dreams have gathered dust on long forgotten shelves? Are you at that point in life when youÃ¢âve begun to wonder whether youÃ¢âll ever find the courage to do all the things you wanted to do someday?Offering horses as both metaphor and solution to the natural malaise that often rears its head just about the time we blow out that “midlifeÃ¢â birthday candle, this is the book that will help you ask (and answer), “What about my dreams?Ã¢â and “Is it my turn yet?Ã¢â and “If not now, when?Ã¢â and best of all, “If now, how?Ã¢âThis unique book is the guide women need to get in the saddle—whether for the first time ever, or just the first time in a long time. YouÃ¢âll find it leads you down a path of discovery on how to find the mystical and magical connection between humans and horses: finding your dream, making time and space in your life, getting fit, conquering fear, navigating the world horses and horse people, choosing a riding discipline, deciphering advice, leasing and buying horses, boarding and keeping a horse at home, the basics of horse care, competing, and best of all, savoring the pure joy of having horses in your life.

Book Information

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Customer Reviews

"Folse's topics range from the very basic--she includes an exercise for imagining your perfect horse as you shop--to the more hard-core, such as fencing. But the book doesn't lose its focus on its audience: smart midlife women who are seeking to find pleasure--and plenty of fun--with their horses." *—www.TheSweetFeed.com (December 2011)* "Besides being an attractive book and well-organized for the huge amount of information compiled, this guide is engagingly written with a lively sense of humor and charm by Folse. I don't know where else you might find such a practical resource guide and bibliography of books for finding your soul's calling." *—Dressage Today (January 2012)* "The Guide could just as easily be shelved in a bookstore's self-help section as the equestrian section. . . . While some of the information is geared to beginning riders, much of the horse-care section offers a good review with plenty of practical advice. . . . Folse's bibliography is handy with suggested readings, websites, and various organizations to learn more." *—The Chronicle of the Horse (October 2012)*

Melinda Folse is a horse owner who has contributed to Blueprints magazine, Texas Monthly, and several equine trade publications, and is the coauthor of *Grandmaster*. She lives in Fort Worth, Texas. Clinton Anderson is the author of *Clinton Anderson's Downunder Horsemanship* and the first horse trainer to launch a made-for-TV weekly training program broadcast on satellite television. He is the owner of a training facility and the winner of both the 2003 and 2005 Road to the Horse competition. He lives in Stephenville, Texas. They are the coauthors of *Clinton Anderson's Lessons Well Learned*. Melinda Folse is a writer based in Fort Worth, Texas, who for the past twenty-something years has considered herself a woman on a mission to write stories that can make a difference. As former senior writer for *Clinton Anderson's Downunder Horsemanship* and co-author of his recent bestseller, *Lessons Well Learned* (Trafalgar Square Books, 2009), she came face-to-face many times (personally and in learning the stories of countless others) with the soul-provoking lessons provided by midlife horsemanship. After a career spent writing the success stories of others, including *Grandmaster: A Story of Struggle, Triumph and Taekwondo* (about the life of Ninth Degree Taekwondo Grandmaster Won Chik Park), and dozens

of America's top entrepreneurs as Senior Editor and contributing writer of Time Warner's Millionaire Blueprints Magazine, as well as writing for Cowboys and Indians Magazine, she realized she had a story to tell of her own. Finding herself to be just one among millions of Baby Boomer women who once dreamed of horses and are now recapturing that dream, Melinda let her own struggles do the talking in this tongue-in-cheek account that is a little bit memoir, a little more self-help, a whole lot of practical guidebook, and all heart. This is the book Melinda wishes she had been able to find when she made the bold decision to get back in the saddle at age 45. She lives in Texas with her family that includes two horses who continue to set her straight every single day.

I wish I could remember how I even stumbled across this book on ...what I can tell you is that I'm awfully glad I bought it. First of all, this is very much a book written by a woman for women. It's a wonderful blend of feeling/circular thought processes with the very nuts-and-bolts practical - and that makes it my absolutely favorite kind of book. I loved that the author GOT horse hunger (it's had a hold on me from my earliest years, even though I've never actually owned my very own horse)...and also completely got realities like limitations on time and money. Finally, she got the fact that with my 40-year-old body...and the realization that I have people depending on my earning power...I have some fear issues I never used to have...and sensible advice for dealing with that. (I no longer want to just jump right onto a horse and ride. Sometimes it's enough just to groom a horse that really enjoys the attention.) :) Fact is, the whole book was chock-a-block full of good advice. I particularly loved the four-category Need versus Love formula for deciding where to splurge and where to pinch pennies at the end of chapter six. And as someone who's dreamed for years of moving somewhere comparatively rural (I live in an area of the country where it's expensive just to live...never mind board a horse), I SO appreciated the chapter on "Good horsekeeping" which talked about some of the realities that come with living in the country. (It's good to give dreams a good dose of reality before you leap!) Thanks, Melinda...for such a great addition to my library.

For anyone who is re-connecting with horses after 3 or 4 decades, this is a must read. Wish it had been published prior to my purchasing the wrong horse for the wrong time in my life. The emotional side of horse ownership and the practical side need to be weighed, and if you are older, your body isn't as limber as it once was, nor do broken bones heal as quickly. My first horse in mid-life really was too much horse for me. Maybe as a teenager, she would have worked out but like the author, I had fallen for the horse and the idea of the horse in my life; emotion overruled rational thought.

Even after being tossed and breaking four ribs, I still needed another injury before seeking professional training. This book helps you recognize the hazards without destroying your dream of having horses in your life at mid-life. I now have that sane horse who is fulfilling all those dreams and still challenging me to be a better rider and communicator. Riding as a young girl was freedom and in my mid-50's it still represents that wonderful feeling of happiness. Saddle up and rediscover the magic that comes from a great horse, but read this book first!

A quick read to get you started on your journey. This book gave me some good advice, some thoughtful ideas to ponder, and challenged me to move forward in my quest to reconnect with my dream. Though the timing isn't right yet (retirement in two years), I see that I can start the process of integrating horses into my life more now with lessons, volunteer work, and learning as much as I can before taking the plunge. Good advice for picking your new buddy and an eye opener for chasing the demons inside so they don't mess up your dream. One note, I bought the more expensive paperback rather than the kindle version because a review said it was a beautiful book. I didn't want to miss out on pictures, but there AREN'T any! So if you're a kindle user, don't fret about that!

I wanted to like this book more than I did...I am just learning about horses so I thought this would be a good guide, but she makes the mistake of offering vague advice like some people feed the horse hay, some feed oats, some feed pellets and so on. It would've been more helpful to learn what SHE does with her horse and why she does it. the way its written kind of throws every kind of general advice into a chapter, with paragraphs about various women and their experience with horses, and an inspirational quote, and life coaching advice like write a list of what you need from a saddle vs. what you want. the worst was her advice to cozy up to your large animal vet and farrier by baking them cookies! that really seemed ridiculous to me. she also writes about all the mistakes she made - buying a horse after riding it once (!), buying 3 expensive saddles that she never checked to see if they fit her horse, etc. by the last chapter I was wondering if I should even be taking advice from her! was also disappointed that she didn't mention hackamores or bitless bridles, which is what the horses I'm learning on use. she does like Clinton Anderson (natural horsemanship trainer), who I like too.

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