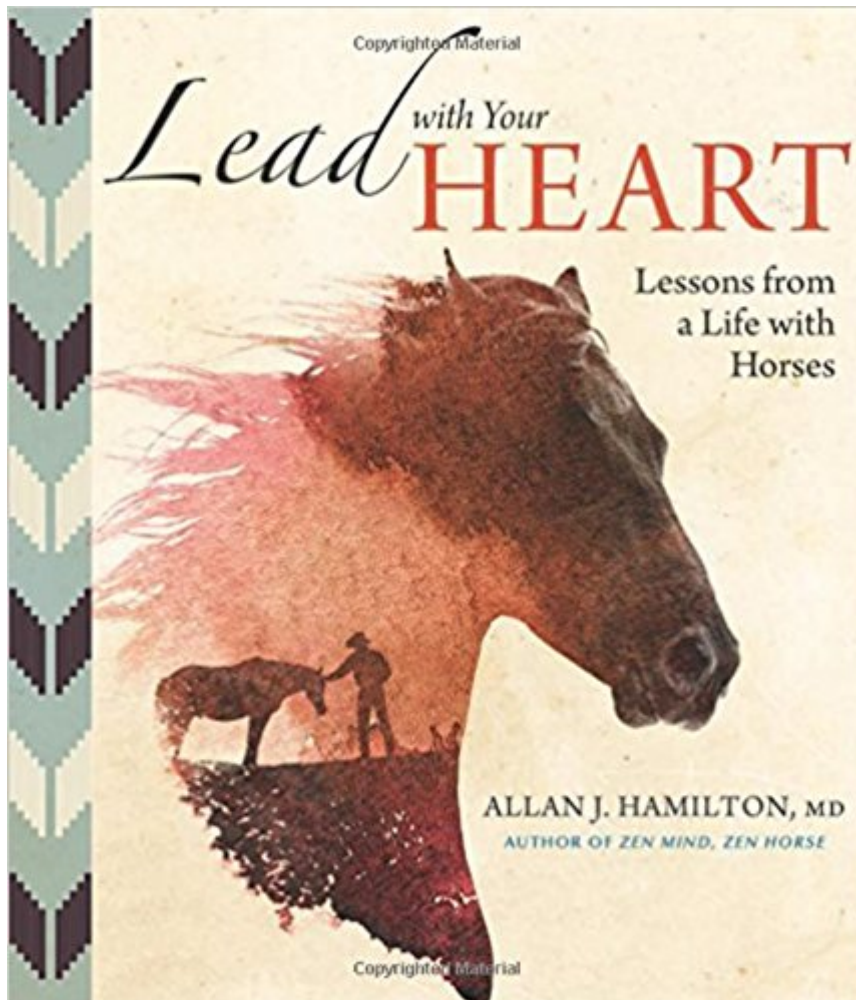




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# Lead With Your Heart . . . Lessons From A Life With Horses



## Synopsis

2016 Foreword INDIES Gold Award Winner 2016 Gold Nautilus Book Award Winner 2017 Silver Independent Publisher Book Award Winner 2017 Silver IBPA Benjamin Franklin Award Winner Award-winning author and celebrated neurosurgeon Allan J. Hamilton combines his understanding of the human brain with nearly 30 years of experience training horses to offer wisdom on such universal themes as leadership, motivation, ambition, and humility. The results are showcased in more than 100 thoughtful essays that treat working with horses as a metaphor for personal, professional, and spiritual growth. Whether you're searching for greater spiritual depth or simply want to better understand your four-legged partner, this wise and important collection has something for you.

## Book Information

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## Customer Reviews

"Allan Hamilton is a real brain surgeon with true horse sense. If you want to be a better leader, teacher, parent • a more conscious human being, rather than a human doing this is a book to keep close." • Stephen Kiesling, editor-in-chief, Spirituality & Health "Dr. Hamilton blends horse sense with common sense and adds lessons on trust, respect, and compassion, which we can take from the round pen, to the saddle, to the office, and to our living rooms." • Molly Sweeney, vice president of the Horses & Humans Research Foundation "Lead with Your Heart takes you deep into learning the art of horsemanship and helps you enter the sensory-based world of the horse." • Temple

Grandin, author of *Humane Livestock Handling and Animals in Translation* “What a gem of a book! Allan Hamilton offers jewels to enrich our relationships with horse, family, colleagues, and self. This is the sort of book to keep close to refer to as life’s inevitable chaotic waves threaten.”

• Barbara K. Rector, CEIP-ED, co-founder of Equine Facilitated Mental Health Association “Recent research tells us that horses are much smarter than we once believed. Allan J. Hamilton provides an excellent foundation for how to achieve a deeper and more rewarding partnership with them.”

• Wendy Williams, author of *The Horse: The Epic History of Our Noble Companion* “Dr. Allan Hamilton’s unfailing respect for the dignity and wisdom of horses provides an excellent blueprint for all who love our equine companions.”

• Elizabeth Letts, New York Times best-selling author of *The Eighty-Dollar Champion* and *The Perfect Horse* “Hamilton transfers life lessons learned from his history with horses to be applicable to anyone wishing to live a more mindful life. Both the writing and paintings invite quiet reflection on the ways we live, act, and interact with each other, horses, and the world.”

• Carmela Caruso, Bookseller at Novels & Novelties Bookstore

*The Wisdom of Horses Working with horses* can be a transformative experience. Their soft eyes, wild spirit, and shy honesty offer a glimpse of how entirely different the horse’s mind is from our own. Allan J. Hamilton, a neurosurgeon and a pioneer in equine-assisted therapy, distills in 112 short essays what horses have taught him about forgiveness, true leadership, courage, and love.

This is one of the best books I have ever read about horses and life. I will be giving copies to my loved ones this Christmas. Have loved all of Dr. Hamilton’s books but this is my favorite. I have been blessed to study horsemanship with some of the greats, Ray Hunt, Lannie Leach and others. Dr. Hamilton teaches me as much as these other greats!

I purchased this book because I was doing research for my own book. Wanted to see his approach as a way to improve or organize my own book. I was also drawn to it, because it was written by a neurosurgeon. To me, that seem a bit unexpected and out of the ordinary. Out of the ordinary I am drawn to. I also understand that he works with horses using equine-assisted therapy. Being a person who once was a Social Worker and also dabbled in Equine Assisted therapy & learning programs, I was also drawn to this book for that reason. That being said.....The book, is exactly as it says. It is lessons from his experience’s with horses. Very practical lessons. I enjoyed how he listed examples of working with the horses and how they think. Then he took those examples and how it

directly relates to our life, AND how we can use those lessons in our everyday life. The only piece that I thought was missing, and this is just me, is that I didn't really find the "HEART" part in this book. There seemed to be unattached emotion regarding the lessons. More theoretical type approach and language. Something you might read from a text you bought for a college course. Intellectually written, no doubt. You can definitely be tantalized by his conceptual writing. I guess I was expecting more 'heart' felt stories. Stories that would leave me feeling in awe, or those warm, fuzzy feelings you get when you read inspiring stories. That was my expectation and what I had hoped for, and why I purchased the book. A neurosurgeon who could write with 'heart', how intriguing, I thought. But that is me! A doctor of any kind is more of a left brain intellectual, that is less connected to the emotional world. They are logically minded. Nothing wrong with that. We are who we are. But, what I thought was, oh wow, here is someone who is incredibly intelligent, who was/is a neurosurgeon that will write stories that will be from his heart to ours. Again, my expectation, not necessarily, his failing. In conclusion. I am a person opposite of the Left Brain thinker, I am a Right Brain thinker. Intuitive Empath, HSP person, highly connected to the emotional and unseen world around us. Emotions and intuition are how I live and write! I can bring a reader to tears. That is what I do best. This author uses the practical, intellectual, theoretical approach to life lessons with horses. I wouldn't say I'm dissatisfied with the book, but just not quite as happy as I had hoped. :-)

His great stories are reminiscent of my experiences growing up with horses. It is great to be reminded of the lessons I learned long ago, and realize just how much my horses raised and trained ME as much as I raised and trained them.

I absolutely love this book, it speaks to my heart. I love that the chapters are short and can easily be read independently.

Learned a few things from reading this book I did enjoy a lot of the quotes, and having illustrations was nice

Wish the chapters were a little longer. So beautiful.

This is a great book for leaders everywhere! It is a book about horses but it is about leading people too. Every manager of people should read this book!

Good info, but prolog too long. Entire book could have shortened A Lot.

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