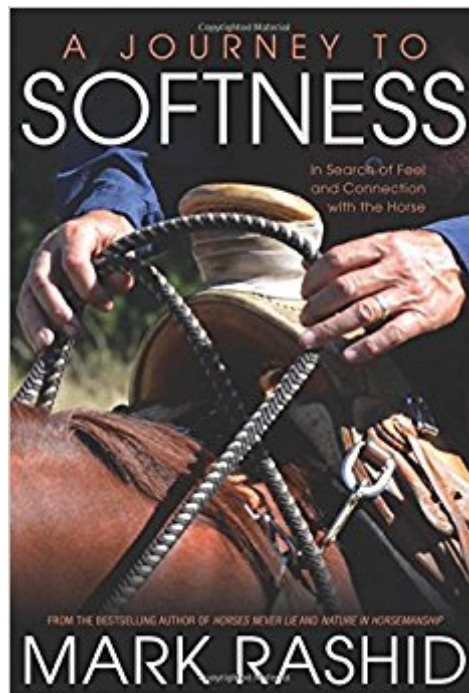


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# A Journey To Softness: In Search Of Feel And Connection With The Horse



## Synopsis

Internationally acclaimed horse trainer Mark Rashid shares and analyzes the remarkable events, quiet moments, and humbling stumbling blocks that he can identify as significant in his personal journey to finding softness with both horses and people. Softness via what many in the horse world today might refer to as feel begins, Rashid says, with one simple truth: It's not about what we do that starts us on the path to softness, but rather, it's what we don't do. Softness is having the sensitivity we need in order to feel when and if the horse tries to give. It is about developing the kind of awareness and feel it takes to know when we are working against our horses, rather than with them. In these forthright stories, readers get a glimpse of a life that has produced a man known for his ability to solve difficult problems with communication rather than force, as well as methods and techniques gleaned from decades of work with horses, horse people, and the way of harmony through the martial arts.

## Book Information

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## Customer Reviews

In these forthright stories, you'll get a glimpse of a life that has produced a man known for his ability to solve difficult problems with communication rather than force. Trail Rider Magazine

Mark Rashid (pronounced RASH-id) is an internationally acclaimed horse trainer known for his ability to understand the horse's point of view and solve difficult problems with

communication rather than force. He began working with horses at age ten, when he met the "old man," who taught him to work with horses, not against them, and to listen to what the horse is trying to say. Mark's clinics center on one-on-one work with horse and rider and are immensely popular with people around the world. When Mark decided to study the martial art of aikido as a way to improve his horsemanship, he brought the same quiet determination to it that he exhibits in his work with horses. After years of practice, he has earned a second degree black belt in Yoshinkan aikido and now teaches the "way of harmony" in the local dojo. Mark worked full time on ranches for many years gathering herds, managing stock, and training horses. When time permits, he still enjoys working on ranches near his home in Estes Park, Colorado. Mark has been a guest on NPR's The Horse Show and was featured on the Nature series on PBS. He is the author of nine books - Considering the Horse, A Good Horse is Never a Bad Color; Horses Never Lie; Life Lessons from a Ranch Horse; Horsemanship Through Life; Big Horses, Good Dogs, & Straight Fences; A Life With Horses; Whole Heart, Whole Horse; and his latest, a novel, Out of the Wild. He also has a solo music CD Song of the Prairie and enjoys singing and playing guitar with a local band The Elktones. Skip Ewing lives in Nashville, TN.

I am such a fan of Mark Rashid and his approach to working with horses! LOVE his books; they are what started me on a path to a kinder, softer way with horses. I had the privilege of participating in one of his clinics a few years ago, as well. This book was an excellent read, and put many things into perspective for me. I "discovered" it at just the right time, too, when I was struggling with many of the concepts he discusses. If you are serious about finding a better way to "be" with horses, both on the ground and in the saddle, then you will definitely enjoy and benefit from this book. Highly recommend all of his other books, as well!

I usually love Mark Rashid books but not this one. SO much of this book is filled with martial arts stories and contributions by his clinic participants that I became bored and impatient to get through it. After skipping past the above referenced annoyances, there wasn't much left to read about a feel and connection to horses. I wrongly assumed the book would be about Rashid and his journey to softness, told through personal accounts with horses. What it turned out to be mostly about is other people's journeys and his accounts of softening through martial arts. Some of these accounts, overbearing long.

I enjoyed the stories in this book and examples given - it is indeed a journey described and one I

was very grateful to read. It is not a "how to" book but more about lessons that have helped learn the concept of softness. I found I could consider a number of the lessons and how they might apply in my life or what did that lesson say to me. I know I will read it a few times and see new things to consider each time. Very worthwhile reading for anyone who wants to consider themselves and their interactions with horses.

The best horse and rider information you can find. Mark Rashid's book will change your life in a very positive way. A lot of trainers tell you to be soft, but you still don't understand what that means. This book will start you on your journey to being soft in mind, body, and life. A must for all horse people.

Softness and being quiet around your horse and everywhere else in your life a goal that this book will help you understand (if you don't) and will help you achieve if you are aware. I've followed Rashid in his books and there is some interesting growth in his approach to "feel" and "softness" in this book. As always, Mark will keep you asking for more books. This might be his first book with color photos! I have another new book of Mark which continues this work on softness and great color photography: *Finding the Missed Path: The Art of Restarting Horses* also on

A must read for any horseperson looking to improve their relationship with a horse and for self improvement. I have read all of Mark's books but this one gets to the heart of what really matters in the person-horse relationship, feel, softness. He does this through thorough descriptions of what he "does" to achieve softness, what he feels and how the horse responds down to the almost imperceptible reactions. I am definitely reading it again because there is so much there. Buying more copies to give to my horsie friends for Christmas.

Another gift from a wise horseman. Mark shares his insights and passion for horses with those of who dream of creating conscious relationships with our horses. The lessons in Mark's writing have more to do with how we live our lives than on "training" our horses...at least this has been true for me.

I like this book. It really helped me to see inside myself where softness comes from. By understanding my actions and reactions to outside stimulus, I am able to now stay calm in all situations so I can be a good leader my horse needs. Between you and your horse, one of you has to be the confident leader. Who will that be in your relationship? Mark is an excellent writer too. So

as well as learning a new life skill, you will also enjoy a good read!

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