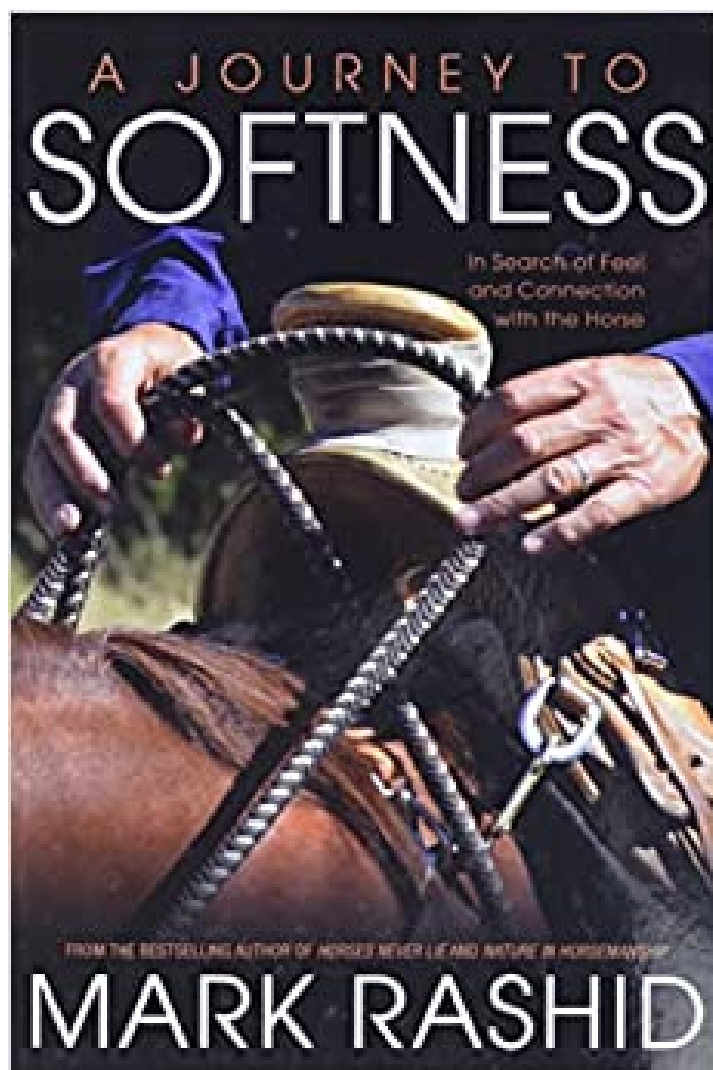


A Journey to Softness: In Search of Feel and Connection with the Horse

by

Linda Kohanov



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Synopsis

Internationally acclaimed horse trainer Mark Rashid shares and analyzes the remarkable events, quiet moments, and humbling stumbling blocks that—looking back—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.

Sort review

“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

About the Author **Mark Rashid** 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. Rashid then studied the martial arts as a way to improve his horsemanship, and he has now earned a third-degree black belt in Yoshinkan aikido, teaches the "way of harmony" in the local dojo, and is the founder of *aibado*. Rashid has been a guest on NPR and was featured on the *Nature* series. He is the author of many bestselling books, including *Finding the Missed Path*, *Journey to Softness*, and *Out of the Wild*, a novel and major motion picture. Rashid's clinics are immensely popular around the world. He lives in Estes Park, Colorado (markrashid.com).

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Look inside the book

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Horses Never Lie: The Heart of Passive Leadership Considering the Horse: Tales of Problems Solved and Lessons Learned, Second Edition Finding the Missed Path: The Art of Restarting Horses Nature in Horsemanship: Discovering Harmony Through Principles of Aikido Think Harmony With Horses: An In-Depth Study of Horse/Man Relationship Horsemanship Through Life: A Trainer's Guide to Better Living and Better Riding 101 Ground Training Exercises for Every Horse & Handler (Read & Ride)

What people say about this book

Jennifer Young, "Softness from the past coming into the future. Yes, we need to work on softness within ourselves and project that softness to our horses. My grandfather was a very gentle kind person. He was the same with his horses. I was, and am like that which people call passive. No, I'm not passive, I watch my horse from the tip of their ear to the tip of their tail. Even don't much that I also watch their feet, the speed, the way the feet land, where the feet land and adjust accordingly. Yes, this book was a reminder of the past and what has to be brought to the future. Thank you Mark and all those for your testimonies, greatly appreciated."

Barbedstar, "Keep it close/read it often...Wonderful lessons...softness starts inside YOU!. This is a GREAT book! Softness with your training comes first from the inside of the rider. Easy to say, hard to do... He address how our unresolved tensions in our daily lives and bodies is directly transmitted to our horses in training them. If you are wound up - get it under control or stay away from training. Oh, how I hang my head in shame for my past transgressions of dumping my life's B.S. into my horses and not understanding that their problems were the result of my issues. Over time I have learned to calm and re-gather with a peppermint, slowly sucked, while sitting quietly on my poor victim in training. Thank you, Bobby Avella. (Sp.?) A comment he made at one of his clinics years ago. Have gone through bags of mints over the years. This is not quite what Mark is saying, but a start. He talks of softness in your whole day to day life, being present with true internal calm. Horses do know the difference and react accordingly. Building trust while your mind and body are in a grind just won't happen. This is well written, easy to read and more than worth reading from continually with the hopes that you will GET IT and, eventually, you will communicate more softly with life and your horses. Keep it close...it is a life lesson."

Rebecca, "A Rich Trove of Great Advice From A Wise and Effective Trainer. I've enjoyed, and continue to refer back to, all of Mark Rashid's excellent books on building a solid partnership with horses, but Journey to Softness has been especially enlightening for me. Rashid outlines the type and levels of communication we should seek to develop that are necessary to get to that seemingly invisible conversation between horse and rider that makes the two work as one. Softness comes from trust, confidence, consistency, reliability, clear communication. He takes each aspect and makes the concepts clear, and how to apply them, through his experiences with horses. And along the way, the reader is fortunate to also receive great general advice and wisdom about developing and keeping a good relationship with your horse that makes you want to head for the barn and practice what you've learned. Highly, highly recommended."

Ginger Russell, "Great story teller. I was looking for information and I got so much more. He's a wonderful story teller and he uses his stories to explain a point. Actually, he explains many things in his stories. This is the way horses "work" - in situations. Horse thinking isn't linear it is a combination of life experiences. To understand their life experiences and to convey them to

others takes a story. Just as a stressed person didn't just flip a switch to become a stressed person, so it is with horses. You can learn a lot from this book about horses and about yourself. Electronic devices are "if, then" thinkers and we have become more like them. Before we had electronics, we were more like horses. We reacted to new information based on experiences. Our horses never changed."

Wesley A Mason, "Horses are unique and respond to softness. Great storyteller, he expresses the lesson in a classic way , you are being shown instead of being told. While you read his book you feel like you are right there watching him work the horses and apply his method. The best part for me is softness starts from within and the horse feels that."

Ebook Library Reader, "Excellent. Intentional softness even before touching my horse to halter him. Not rushing through even the simplest tasks. Being mindful of kindness with all of my intentions. Just a few of so many wonderful takeaways from this book for me. Thank you for once again providing me with real insight in to how me and my horse can have a better partnership."

Celia Purcell, "Mark Rashid is by far the best writer on the subject of relationship building with your I've been a avid reader of horse and mule books for over 50 years. Mark Rashid is by far the best writer on the subject of relationship building with your equine partner, I have ever read. His insight on the mind of the horse and why it does what it does is brilliant. I have read all of his books and they captivate my attention from the very beginning. I have learned so much about my horses and mules and I continue to be thrilled that he never runs out of relevant material. I can't wait for his next, soon to be released, masterpiece. I highly recommend his books to anyone who really wants to understand their equine partner and do what is best for them and yourself in the process."

Linda, "Different from other Mark Rashid titles. I love Mark Rashid books and have all of them. I love his style of writing and the way he teaches without actually teaching. This book just didn't do anything for me, it's very different from the others I have read and while it is still full of valuable thought provoking scenarios it relied too much on martial arts for me. I understand Mark is trying to show how martial arts and horsemanship can help each other - or at least helped him with his own experiences - but it just felt too unrealistic and sadly I didn't make it to the end of the book."

Mrs D, "I love Mark Rashid's books.. Mark has a fantastic way of explaining things to make them easier to understand. I found this book very captivating, informative and interesting, lots to take on board and implement to improve my relationship with my horse. I wish I could meet this amazing man, unfortunately I've not been able to get to any of the clinics he's held in the UK. Would recommend this to anyone who wants to build a great relationship with their horse through understanding and a gentle approach."

Manda Scott, "Essential reading for being human. If you work with horses, this book is essential reading - actually, it's essential living. If you don't work with horses, this book is essential reading - actually, it's essential living. I've just sent the link to all my senior shamanic students as a way (I hope) to help them understand the core of what we do. It's magical. But it's what humanity is for - finding connection with the world around us. What horses give us is such an inspiring reflection of our own inner world, so we can make our inner changes and see-feel the evidence. Buy it. Read it. Make it happen. It's who we can be. - and need to be if we're to change the story of our reality."

PB, "A life-changing book.. Mark's work continues to get better and better. This book touched me deeply. It has given me permission to be, without compromise, the horsewoman I have always wanted to be, and which I have instinctively felt was right. That is one who builds a partnership through understanding, communication and kindness and an absolute commitment to a personal journey of change. As always it is an easy whilst profound read, full of entertaining as well as educational stories. Thank you again Mark."

MacAllan, "co-operative development of old friends. Another lovely book from a wonderful healer amongst humans and horses. If you have not read any of his earliest stuff then you are missing a great advocate for the co-operative development of man and horse. Much more democratic point of view than the likes of Monty Roberts. His genuine concern and love of horses comes straight through the pages"

The book by Linda Kohanov has a rating of 5 out of 4.8. 438 people have provided feedback.

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