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is a primer on spirituality, brain
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and Dr. Robert Miller, Zen Mind, Zen Horse shares safe, simple techniques to make you more receptive to your animal's chi, so you can develop a calm and effective training style that will not only help your horse follow commands, but strengthen the spiritual bond between horse and rider.

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Those who can sit perfectly physically
usually take more time to obtain the
true way of Zen, the actual feeling of
Zen, the marrow of Zen. But those
who find great difficulties in practicing

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Zen will find more meaning in it. So I think that sometimes the best horse may be the worst horse, and the worst horse can be the best one.

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you practice right Zen, whether you
are the best horse or worst one
doesn't matter.

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Zen Mind, Zen Horse recently won the
2012 Gold Nautilus Award for spiritual

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category. Hamilton's first book, *The
Scalpel & The Soul*, won the Silver
Nautilus Award in 2009. The award's
been won in the past by His Holiness
the Dalai Lama, Eckhart Tolle, and
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we can learn from these animals and
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Beautiful (Susan Richards, author of Chosen by a Horse). This unique guide to horsemanship incorporates Eastern philosophy to describe how horses understand and respond to the flow of vital energy around them, and how they use this energy, called chi, to communicate with their herd, express

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dominance, and sense predators.
Written by the award-winning author of
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to make you more receptive to your
animal's chi, so you can develop a

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calm and effective training style that will not only help your horse follow commands, but strengthen the spiritual bond between horse and rider.

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Horse training presents unique opportunities to explore powerful spiritual truths. The exercises in "Zen

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Mind, Zen Horse "offer everyone who works with horses -- novice or expert -- a new understanding of how humans train and interact with horses and why these two species, one a master predator and the other the ultimate prey animal, have such a deep, natural connection. Horses have evolved to

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understand and respond to the flow of vital energy -- "chi " -- around them, using it in their body language to communicate with members of their herd, to express dominance, and to sense danger from nearby predators. Being quietly present and receptive to your horse's energy opens the

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potential of your emotional, intuitive
right brain. These simple, safe
groundwork techniques reveal a
pathway to awakening your deep
sensitivity, calm leadership, intuition,
and mindfulness.

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author and celebrated neurosurgeon
Allan J. Hamilton combines his
understanding of the human brain with

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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

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A Harvard-educated neurosurgeon reveals his experiences in and out of

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thinnest. The Scalpel and the Soul explores how premonition, superstition, hope, and faith not only become factors in how patients feel but can change outcomes. It validates the spiritual manifestations physicians see every day and empowers patients to voice their spiritual needs when they

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seek medical help. Finally, it addresses the mysterious, attractive powers the soul exerts during life-threatening events.

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Written and illustrated by Timmons, the award-winning artist from NBCUs "Caroline in the City, Hold Your

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Horses" is full of irresistible pleasure and unexpected horse sense. Full color.

When the Spanish explorers brought horses to North America, the horses were, in a sense, returning home.

Beginning with their origins fifty million

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years ago, the wild horse has been traced from North America through Asia to the plains of Spain's Andalusia and then back across the Atlantic to the ranges of the American West. When given the chance, these horses simply took up residence in the landscape that their ancestors had

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roamed so long ago. In *Wild Horses of the West*, J. Edward de Steiguer provides an entertaining and well-researched look at one of the most controversial animal welfare issues of our time—the protection of free-roaming horses on the West’s public lands. This is the first book in decades to

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include the entire story of these magnificent animals, from their evolution and biology to their historical integration into conquistador, Native American, and cowboy cultures. And the story isn't over. De Steiguer goes on to address the modern issues—ecology, conservation, and land

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management surrounding wild horses in the West today. Featuring stunning color photographs of wild horses, this extremely thorough and engaging blend of history, science, and politics will appeal to students of the American West, conservation activists, and anyone interested in the beauty and

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power of these striking animals.
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Since time eternal horses have walked
beside us, helping to shape our
destinies, taking us on journeys of the
soul, and offering as a gift their power,

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mystique, and beauty. While it has taken some time, mental health professionals and educators alike have begun to formally acknowledge the emotional, mental and physical benefits that humans can receive by spending time with horses. In the U.S. alone, there are already more than

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900 programs that offer therapeutic or educational programming provided in partnership with horses. Leif Hallberg has extensively researched the field of Equine Facilitated Mental Health and Educational Services, and this book reveals the many ways horses can help humans. Become familiar with:

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Key definitions Historical information
about working with horses in
therapeutic and educational settings
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