



TITLE:
Open Heart, Open Mind
AUTHOR: Heidi Potter

Heidi Potter is an accomplished horsewoman who believes in a mindful, natural approach to training and teaching. In her new book, *Open Heart, Open Mind*, she shares the journey that has made her

the horsewoman she is today. As she is quick to emphasize, however, she's not done learning yet: "One of the beauties of working with horses is that we get to be a student forever. We can never know it all or have all the answers. As soon as we think we know something, the horse will prove us wrong."

Being a constant student is something Heidi has certainly taken to heart. An avid student of the martial arts, she relates many of the lessons she learns in the dojo to the work we do with horses. The book begins by focusing on the student, covering the importance of proper breathing, finding your center, grounding

and mindfulness, as well as self-awareness and your outlook on life. Heidi then moves on to discuss natural horsemanship, common problem behaviors in horses, and training techniques. She incorporates philosophies and exercises learned from the martial arts and her work in Centered Riding, blended with her experiences in horsemanship, clicker training and horse agility/obstacle work.

Sprinkled throughout the book are step-by-step exercises for you to try, as well as personal stories from Heidi detailing experiences she has had with various horses and the lessons they have taught her. Her humble, down-to-earth approach and writing style make this a book for any horseperson. Whether you are a beginner or more technical rider, you will be able to take away some positive points to continue your learning.

PUBLISHER: Hoofbeats Press