

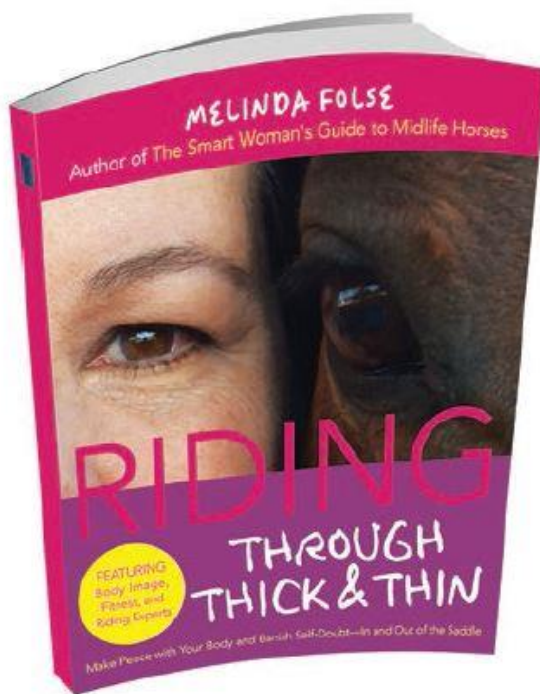
Cowgirl

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RIDING THROUGH THICK & THIN

Make Peace with Your Body and Banish Self Doubt - In and Out of the Saddle

By Melinda Folse (Trafalgar Square)



ANY EQUESTRIAN WILL tell you that riding is a full body workout that engages muscles you didn't know existed. Author Melinda Folse's book *Riding Through Thick and Thin: Make Peace with Your Body and Banish Self Doubt - In and Out of the Saddle* explores ways to be mentally and physically healthy on horseback. Using her own expertise as a rider, as well as that of well-known nutritionists, counselors, and equestrian sports psychologists, Folse highlights a variety of techniques that cannot only be used to reach fitness goals but help to embrace unique body types. The author and her panel

of skilled professionals cover a range of healthful topics including what adjustments to make to feel comfortable in the saddle, visualization, affirmation, realistic goal setting, and changing the way one thinks about food. Readers will also find sections that dispel popular myths about such issues as the ideal riding weight and the notion that overweight riders don't have a chance in the show ring. Horseback riding enthusiasts and health conscious women of every size will find something to appreciate in this how-to, informative, and humorous book.