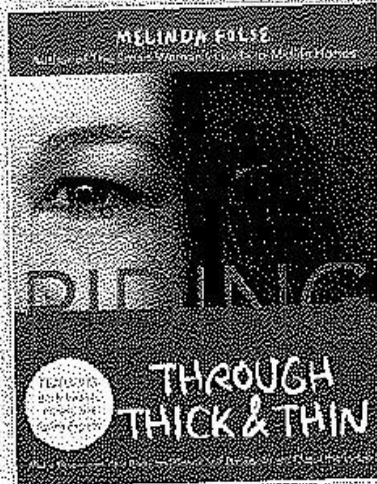


# Equine Journal

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## MEDIA REVIEW



[ BOOK ]

### *RIDING THROUGH THICK AND THIN;*

by Melinda Folse

432 pages, paperback,  
Trafalgar Square  
Books, 2016, \$24.95

A sensitive subject for many, *Riding Through Thick And Thin* tackles the truth behind the great debate about a rider's weight. Folse

a rider's weight. Folse combines her advice with that of a number of experts to create the ultimate guide to loving yourself, both on and off a horse.

The concepts of the 20 percent rule, being fit versus heavy, self-doubt, and more are addressed with a splash of humor to make the reader feel like you are talking to your sister. Folse takes the focus away from changing your body and redirects it to changing the way you think about yourself.

**BOTTOM LINE:**

No matter your size, give this a read if you've ever had a moment of self-doubt (as we all have) about your riding or your body.