



ABOUT THE AUTHOR

Trudy Nicholson, a freelance equine photographer has spent her life around horses. She has ridden competitively for many years, been an instructor and brought on several young horses to competition level.

A Way with Horses

Understanding the horse and human relationship

In her new book, Trudy Nicholson takes us on a journey into the world of the horse. Her photographic images capture the essence, body language and social interaction of this often misunderstood species, while the text explores the interaction between horse and human.

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*‘I dance, I challenge,
I investigate, I play...
I find new adventure
and I gallop.’*



a silent language • 51

a silent language

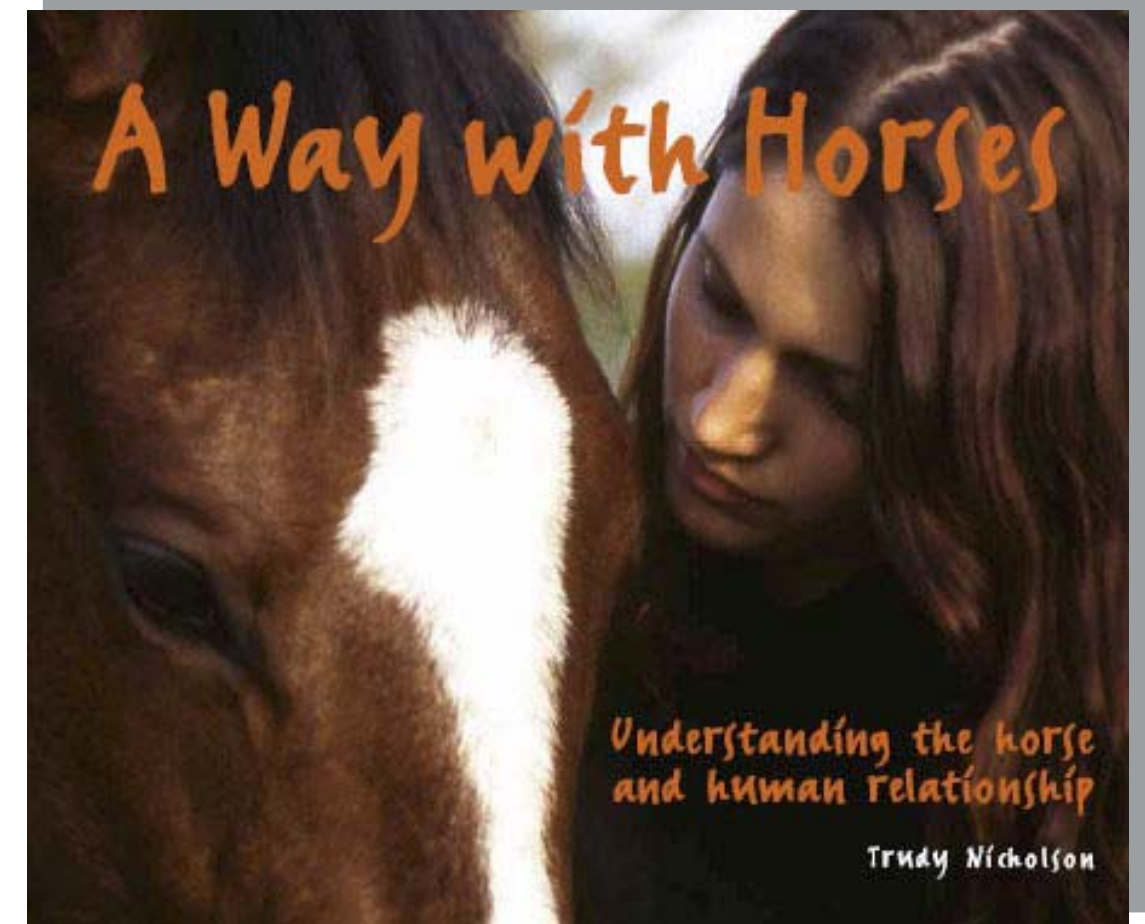
Because the social life of the horse's family, the herd, depends on the sending and receiving of signals, we need to understand this equine language in order to communicate effectively and understandingly with the horse. By spending time observing the horse we will learn to recognise this silent language. The way of the horse is subtle, and as one's eye develops, the horse's body language – initially indiscernible to the human eye – takes on new meaning.

There is no great mystery to the understanding of the horse's language – frequently referred to as 'horse whispering'. Anyone



who chooses can learn this unique equine language and once undertaken it will become a valuable teaching acquisition when working with the horse.

By understanding the psychological factor – the way in which the main focus of the horse is on survival, where only the strongest will get to lead – and recognising the importance of testing within the herd by its members we can gain an advantage by becoming the superior herd member. Horses react this way to each other in order to make sure that the strongest, the most superior horse always



A Way with Horses

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Available at your local bookshop
or order online at www.paperplusbooks.co.nz

Looking at the world from the horse's perspective and understanding their natural instincts and language, provides a way of working with the horse that is both harmonious and productive. Whatever the end result is that you wish to achieve with your horse, whether it be showjumping, dressage or western riding, or simply pleasure and companionship, this 'psychological' approach will ensure a rewarding and lifelong relationship with your horse.

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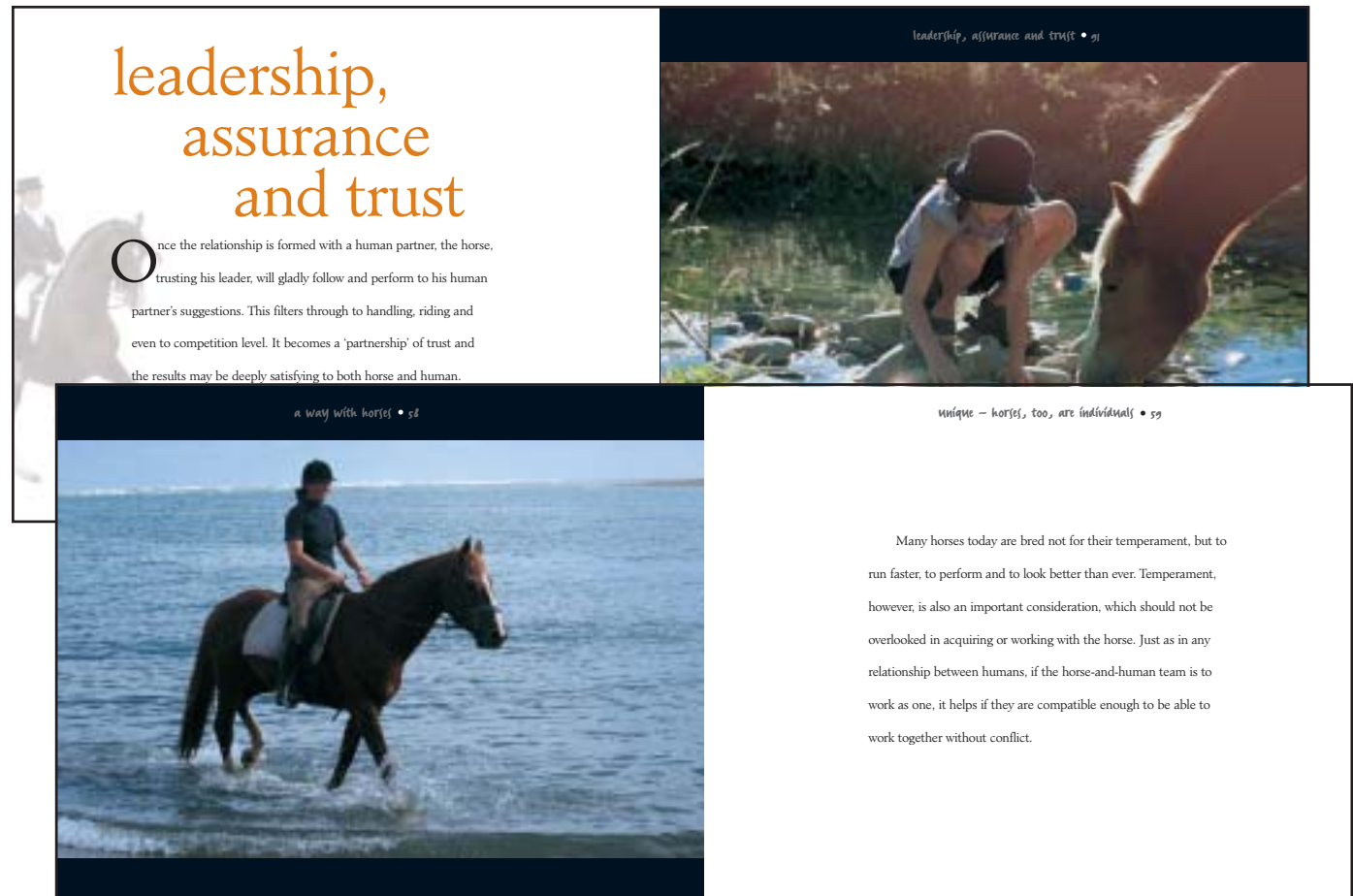
What the experts say about A Way with Horses

'Trudy's book is about empathy and understanding between horses and humans. Things that many of us know but many more need to know - that horses have feelings and emotions which will predict their wellbeing and active healthy life. Read, discover and be enlightened. A must for everyone interested in horses.'

Jeanette Garrett, B.H.S.I., Ad. Dip. Ed., N.Z. Pony Club Association
National Instructor

'While there are many instructional manuals on riding and horse care, few authors can portray the emotional side of the horse - his soul and spirit. Trudy Nicholson has captured some of the often forgotten essentials people should take into account when with horses. She offers an insight into how these incredible, often misunderstood animals think and react.'

Kay Hogan, B.H.S.I., Dip. Teaching. Equestrian Co-ordinator, St. Peters School, Cambridge



'All pony club people (students and instructors) should read this book to understand how and why their horses are reacting to what is happening in their environment... As an instructor and tutor I would recommend my students read this book to get an understanding of equine psychology and behaviour.'

Annette McFadgen B.H.S.A.I., (Antech) VN, Tutor of Animal Care, Veterinary Nursing & Equine Studies

