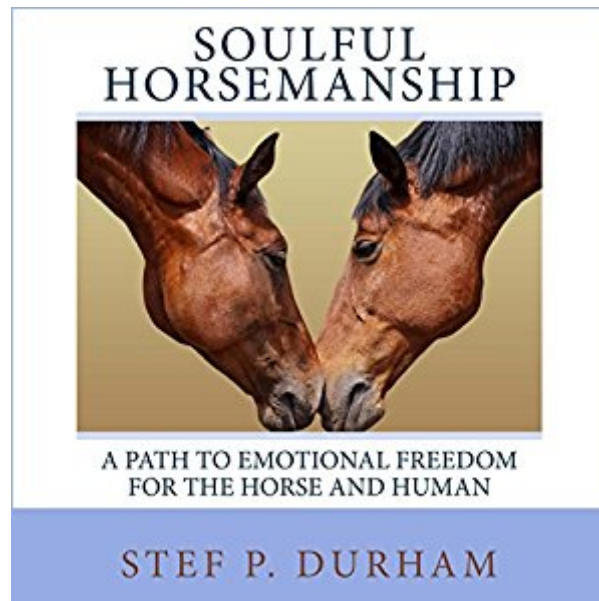


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# Soulful Horsemanship: A Path To Emotional Freedom For The Horse And Human



## Synopsis

Do you want to build a partnership with your horse that is empowering and liberating for your both? Stef P. Durham brings together her experience with natural horsemanship, equine-facilitated learning, spirituality, and coaching to reveal the beauty of working with your horse from your heart. Stef has a unique understanding of the horse-rider connection developed through years of education and experience. She brings it all together to help you find more meaning and fulfillment in the barn. Horses have an unbelievable power to help us heal our hearts, find our passion, and live on purpose. Through partnership with horses, we can become empowered in our lives while helping the horses to live with authenticity and fulfillment. Your horse is a reflection of your soul. Soulful Horsemanship invites you to apply spiritual concepts while interacting with your horse to: Build confidence in your partnership Listen to your intuition through mindfulness Communicate more clearly and intentionally Develop heart-centered leadership skills Unlock joy and meaning in your life

"My thoughts are designed to provide you with a compass you can align with your heart to find your own way to your highest potential in and out of the arena. I believe that the horse amplifies the clarity of your destination by acting like the mirror on a sighting compass, so you can see exactly where you are headed in life. Through a vision that is aligned with your heart, your higher self, and your divinity, you can build an amazing partnership with your horse and change your life."

## Book Information

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## Customer Reviews

I sat down to review my newest book (soulful Horsemanship)an hour later I was hooked. This book is amazing full of insights that can enhance your relationship with the most delicate of souls. I am

sharing it with all my animal loving friends. Thank you Mrs. Perkins

Soulful Horsemanship is an incredible book that feels as if it is speaking directly to my mind and my heart. I have fought many of the feelings the book discusses, and I have found Soulful Horsemanship to provide an amazing way to start breaking through some of these barriers. While I know I definitely need more work, Soulful Horsemanship has put me leaps and bounds closer to my goal of being attuned with my horse and making the most of my riding! THANK YOU!

A must read for anyone seeking healing within themselves and to learn more about improving their understanding of the relationship with the horse. Two

This book of a journey to learn and love and work with the equine and his spirit is familiar to me and the insights both thought provoking and enlightening!

It's amazing to read a book speaking right to my heart. I am a Dressage rider and it's a very critical sport as you know. We spend thousands of dollars on trainers, show clothes, tack, shows, etc... Just to be standing in judgement by those who are a better equestrian than you, or perceive themselves a better equestrian than you, so you can hopefully one day bare the title of Bronze medalist, Silver medalist and the ultimate Gold medalist. And somewhere along the way we forget the very basic fundamental connection between the little girl and the pony that you once had so many years ago. Thank you for gifting yourself and understandings to the world of horses, KJ Grigoriadis

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