



Quality Training for Your Horse— in 3 Minutes a Day!

3-MINUTE HORSEMANSHIP

60 Amazingly Achievable Lessons to Improve Your Horse
(and Yourself) When Time is Short

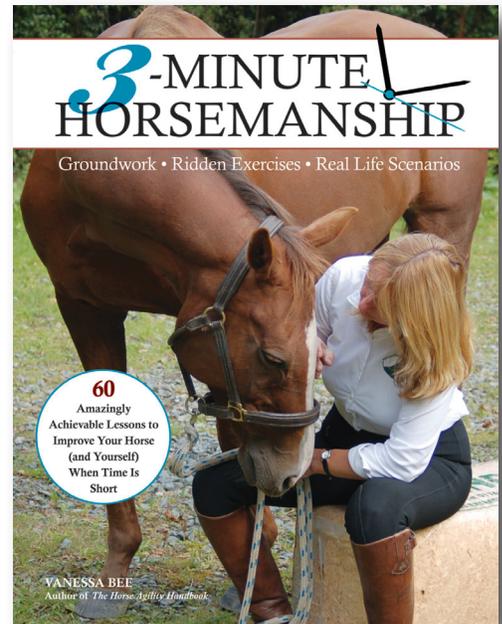
VANESSA BEE

Trafalgar Square Books is pleased to announce the release of *3-Minute Horsemanship* by Vanessa Bee.

We have all read and heard that when we work with horses, we should feel like we have all the time in the world. After all, on one end of the lead rope is a horse that needs a chance to understand what is being asked of him and enough time to figure out the right answer. But the reality today is, on the other end of the lead rope is a twenty-first-century horse owner, often with a full calendar, a mobile phone, and always one eye on the clock. Day after day we promise to train ourselves and our horses to be better at a specific task, but when we get to the barn or stable, there never seems to be enough *time*. But as it turns out, what really matters is the quality of the training you *do* manage to fit in. It really is possible to carry out solid, progressive training with a horse in only three minutes a day.

In this invaluable book, educator and horse trainer Vanessa Bee shares her own brief, digestible lessons that can ultimately produce significant gains in horse and human in very short sessions. Her refreshing and realistic method offers 35 ground exercises, 25 ridden exercises, and 15 “real world” scenarios that, in no time, will get you out and about with a safe, sane, well-trained horse.

VANESSA BEE is the founder of the International Horse Agility Club (www.thehorseagilityclub.com). With a training facility in England and her own method known as Positive Horsemanship, she specializes in building relationships between horse and handler from the ground up. As a qualified teacher with a degree in education,



Vanessa has used her skills to teach people of all abilities and experience levels to achieve a positive relationship with their horse. She is the author of *The Horse Agility Handbook* and the *Horse Agility DVD*.

“It’s simple, really. When the teaching session is short and ends on a positive note, horses learn more quickly—and so do we.”

—VANESSA BEE

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