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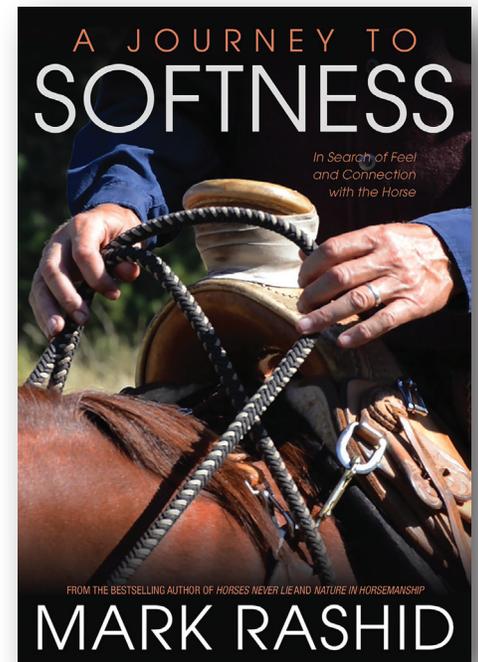
In Search of Feel and Connection with the Horse

MARK RASHID

Trafalgar Square Books is pleased to announce the release of *A Journey to Softness* by Mark Rashid.

It all starts with one simple truth: “It’s not what we *do* that starts us on the path to softness,” says renowned horseman Mark Rashid, “but rather it’s what we *don’t* do.” Softness is about having the sensitivity we need in order to understand *when* and *if* the horse tries to “give.” It’s about developing the kind of awareness it takes to know when we are working *against* our horses, rather than *with* them. And it is intrinsically linked to the *feel* and *connection* we seek on the ground and in the saddle. In these forthright stories—whether remarkable events, quiet moments, or humbling stumbling blocks—readers get a glimpse of the life that has produced a man known for his ability to solve difficult problems with communication rather than force, as well as methods and techniques gleaned from decades of work with horses, horse people, and martial arts.

MARK RASHID met an “old man” when he was 10 who taught him to work with horses, not against them, and to listen to what horses are trying to say. Rashid eventually decided to study the martial art of aikido as a way to improve his horsemanship, and now teaches the “way of harmony” in his local dojo. It is his combination of martial arts with horsemanship that has enabled him to communicate new ways of connecting with horses, methods spread throughout the world via his many bestselling books and DVDs (markrashid.com).



“There is *strength* in muscle,
but *power* in softness.”

—MARK RASHID

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