



TRAFALGAR SQUARE BOOKS

www.horseandriderbooks.com • The Leading Publishers of Equestrian Books & DVDs

COMING AUG 2017

From the Bestselling Author of *Ride with Your Mind*

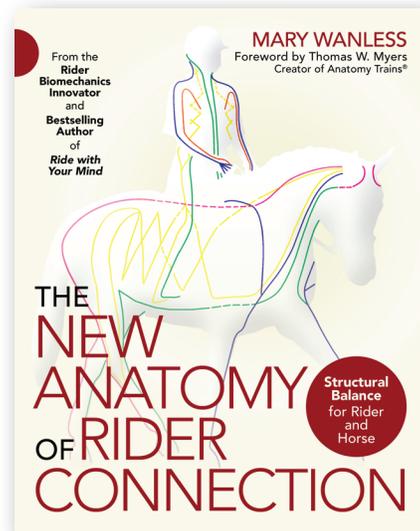
THE NEW ANATOMY OF RIDER CONNECTION Structural Balance for Rider and Horse

by MARY WANLESS

Trafalgar Square Books is pleased to announce the release of *The New Anatomy of Rider Connection* by Mary Wanless.

For the past 30-plus years, Mary Wanless and her bestselling *Ride with Your Mind* books and DVDs have helped revolutionize the art and science of riding horses. Now she takes her pioneering techniques—which combine a lifetime's influences from the fields of psychology, biofeedback, neuro-linguistic programming, the Alexander and Feldenkrais techniques, tai chi, massage, dance, anatomy, and educational kinesiology—to a whole new level. Wanless teams up with Anatomy Trains® creator and author Thomas W. Myers to examine how the “fabric” of our bodies (fascia) can potentially allow us to generate both stability and what so many riders find elusive even after years in the saddle—feel. Recent research shows how the body-wide “net” of fascia that both wraps each muscle and connects your skin to your bones can be the source of postural imbalances and the resulting restrictions in your movement. Wanless posits that the difference between “average” and “elite” riders lies in the quality of connection and awareness within this fascial net, and she gives us the means to take practical and meaningful steps toward addressing such issues, resulting in extraordinary changes in the way we look and feel on horseback.

MARY WANLESS has B.Sc. degrees in both Physics and Applied Sports Coaching, and holds a BHSI (British Horse Society Instructor) certificate. She is the author of the highly successful *Ride with Your Mind* series (including *Ride with Your Mind Essentials* and *New Ride with Your Mind Clinic*, both available from Trafalgar Square Books), has produced eight training videos, and teaches riders of all ability levels in the UK and USA. She also runs dismantled workshops and gives demonstrations, in addition to lecturing internationally on learning, body-mind integration, and personal development. She lives in Oxon, England.



“The book you hold in your hand unravels the mystery of becoming one with your horse. Mary’s many years of experience working with and watching every kind of rider is distilled into this beautiful, practical, and comprehensive book for the rider who wants to inhabit that connection, that love, between human and animal.”

—THOMAS W. MYERS
Anatomy Trains® Creator and Author

224 pp • 7 ½ x 10 ½ • 100 color photos and illustrations • 978 1 57076 825 5 • \$29.95 pb

For more information, contact mcook@trafalgarbooks.com

To order, contact: Trafalgar Square Books, Box 257, Howe Hill Road, N. Pomfret, VT 05053
800.423.4525 • www.horseandriderbooks.com