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WHAT HORSES REALLY WANT

Unlocking the Secrets to Trust, Cooperation, and Reliability

LYNN ACTON

Trafalgar Square Books is pleased to announce the release of *What Horses Really Want* by Lynn Acton.

Relationships with horses, whether for companionship or competition, are complex and ever-changing. This is one of the reasons why "horsemanship" can become a lifelong pursuit. In this book, horsewoman Lynn Acton explains that when the focus in the relationship is on *what we want* from the horse, his compliance becomes the measure of success, and what he thinks and feels is often overlooked. And yet his behavior, performance, and reliability—in whatever discipline we prefer or equestrian sport we pursue—often depend on these factors.

Horses want security and social bonds. They want leaders they trust to protect them—not only from danger, but from stress. When we provide this security, they accept our rules. This not only puts us in charge, it makes our leadership *more* effective because we do not force it on them; they seek it. The result is less anxiety, fewer behavior problems, more efficient learning, and better reliability. Acton refers to this relationship as Protector Leadership because being the "protector" is the foundation. Building methodology based on time-tested training theories that we are often exposed to in bits and pieces, Acton shows why Protector Leadership works and how to make it work for us, fitting the separate pieces together, and illustrating the connections with practical examples of real horses in everyday life.

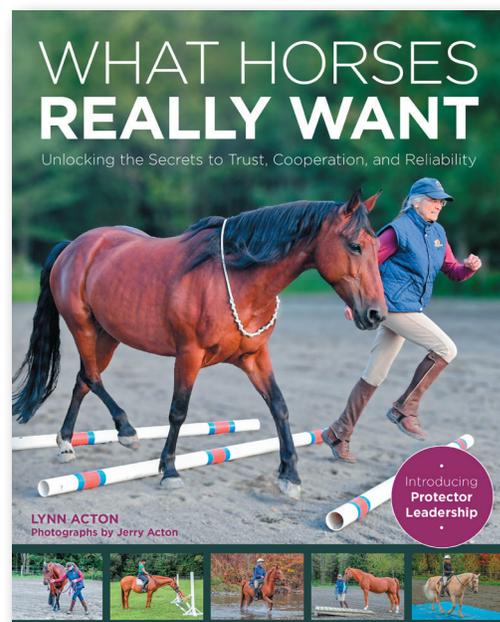
LYNN ACTON has a diverse equestrian and academic background that helps her understand horses, relationships, and leadership from an interdisciplinary point of view. Her degrees in sociology and systems science have contributed to her understanding of research studies, the social dynamics of horses, their interactions with people, and how the interconnected parts of complex social systems fit together. After spending time working on a Thoroughbred breeding farm and later retraining off-track Thoroughbreds, Acton became certified by the Certified Horsemanship Association (CHA) to teach both English and Western riding, and started a therapeutic riding program for at-risk youth.

She currently competes in Horse Agility and Equagility (ridden agility.)

"This book is a go-to resource for people who want to build confident, positive relationships with their horses based on trust and mutual respect."

—VANESSA BEE

Founder of the International Horse Agility Club and author of *3-Minute Horsemanship*, *The Horse Agility Handbook*, and *Over, Under, Through: Obstacle Training for Horses*



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