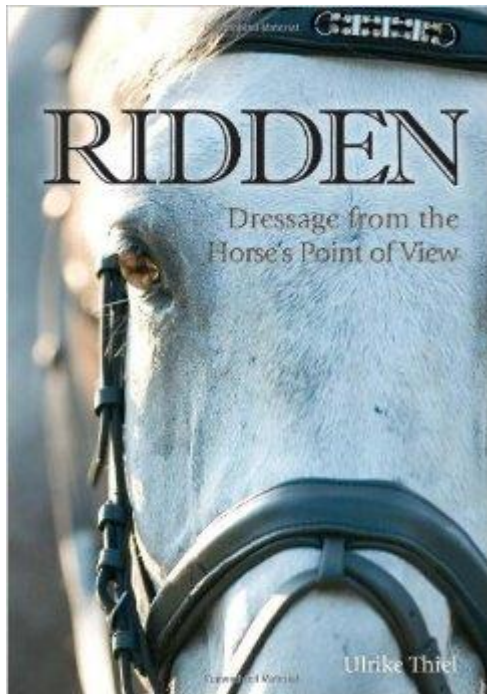


Ridden: Dressage from the Horse's Point of View

by Ulrike Thiel (Author) Coralie Hughes (Translator)



What does the horse feel when a rider is crooked in the saddle? What is it like to go faster or slower, to round curves and travel straight, with an unbalanced load to carry? What goes through the horse's mind when he is over-flexed and over-aided...when he is forced into biomechanically unsound positions? What happens when a prey animal (the horse) must learn to defeat his own preservation instinct and perform on cue with a predator (humankind) clinging to his back? In this important book, Dr. Ulrike Thiel—a clinical psychologist, psychotherapist, sport psychologist, dressage rider, riding instructor, judge, and Xenophon Society classical trainer—examines these important questions, and others. With the use of exercises and astute comparisons, Thiel gives readers an eye-opening tour of the realm of the ridden dressage horse, ensuring we all work to make the job of "being ridden" part of a mutual pursuit—a dance involving two engaged and caring partners, a friendship binding mind and body

10 customer reviews

5.0 out of 5 stars

Great Book for Jumpers too, August 25, 2013

By Connie M. Warner

This review is from: *Ridden: Dressage from the Horse's Point of View* (Hardcover)

I ride jumpers, but have more dressage books than jumping ones. You can't expect a horse to jump well, if he hasn't done proper flat work. This book has a different perspective than the typical dry dressage manuals. She has on foot exercises so the person can get some insight into what the horse goes through. I didn't understand the ski analogies because I don't know anything about skiing. Sometimes too the book is a little hard to understand because its been translated. But its a nice thick book, full of good stuff. She comes down hard too on the rollkur crowd, and I'm glad she does. If you wished the book "Tug of War, Classical versus Modern Dressage" had more information in it, this book is for you.

L. M. L. Wilson says:

I am ordering this book to my "how to" library on horse care, health, and riding. I have the DVD IF HORSES COULD SPEAK and the book, BALANCING ACT: The Horse in Sport-An Irreconcilable Conflict? I also have the book, HORSE GAITS, BALANCE AND MOVEMENT. To understand how to heal the horse, I have Linda Tellington-Jones book, THE ULTIMATE HORSE BEHAVIOR AND TRAINING BOOK. Also, I just read THE MIND OF THE HORSE, AN INTRODUCTION OF EQUINE COGNITION which would appeal to those who are interested in the physiological structure of the horse's cognitive organs and how the horse perceives the world differently from other species (like us primates). I've ridden horses most of my life, off and on. Like the vast majority of riders, the horse was a large animal meant to be ridden. Not so....the horse never evolved to carry weight on its back. It has truly opened my eyes and deepened my compassion for these very forgiving animals, to discover how generous they are in allowing us to ride them (even when they are in pain). I would recommend the website, HAPPY-HORSE-TRAINING which takes the same perspective as the book, RIDDEN. I am still awaiting delivery of another book I ordered, HOW YOUR HORSE MOVES, A UNIQUE VISUAL GUIDE TO IMPROVING PERFORMANCE. All of these recently published books advocate the holistic, humane approach to riding horses, based on science. Why have I gotten all these books? Because I read the wonderful book, MY HORSES MY TEACHERS, by Alois Podhajsky. I had the sublime privilege of watching the horse at the Spanish Riding School in Vienna and wanted to know more.

This review is from: *Ridden: Dressage from the Horse's Point of View* (Hardcover)

5.0 out of 5 stars

By Sharon L. Cooper "scooper590"

This review is from: *Ridden: Dressage from the Horse's Point of View* (Hardcover)

I found this book to be very interesting. So many times we tend to think of the horse as a vehicle, not a living creature with thoughts and feeling and that they actually suffer at our hands. I am a equine massage therapist and a saddle fitter and I find so many tired sore horses. As a massage therapist I find a lot of sore backs related to

the horses training and how the horse is ridden, and poor saddle fit. I hope every horse person reads this book and it opens their eyes to what we do to these lovely animals.

5.0 out of 5 stars

Excellent Information, July 9, 2013

By TEH

This review is from: *Ridden: Dressage from the Horse's Point of View* (Hardcover)

This book does an excellent job of explaining the horse's point of view on being ridden. It is not lip service to the benefits of correct riding - it is the nuts and bolts of why correct riding is, well, correct. As noted, it does not provide much in the way of specific training points, since these can be found in other books covering the training scale/classical principles.

What this book does provide is a truly specific outlet for the empathy you have for the horse. By providing examples of stressing and nonstressing practices, this book may help channel energies towards productive use, i.e. by striving to apply correct, classical principles as consistently as possible. Exercises for the rider are provided to illustrate various concepts, which you may already "know" but may now see with new light. You are provided a hands on opportunity to understand why training scale/classical principles are sound. Depending on how you learn this may be extremely helpful.

Particularly refreshing is the author's position that every rider should participate in another sport so as to better appreciate the mental and physical aspects of athletic endeavor. Not only will this improve their riding, but it will increase their span of understanding of the horse's job. This may be a given up the levels, but it can be easily overlooked elsewhere.

Overall this book is an indispensable addition to the horseperson's library. It should be required reading for beginning and intermediate riders. Instructors may find it useful in providing new techniques to explain classical concepts to student. Used in conjunction with WAZ and/or Herbermann, and under the guidance of a good instructor, the field of classical horsemanship is well covered.

4.0 out of 5 stars

A bit disappointing, but still worth reading., September 4, 2013

By Anna Elvidge -

This review is from: *Ridden: Dressage from the Horse's Point of View* (Hardcover)

I was very excited to read this, but felt that it fell short of the expectations. Many examples of "this is bad" but in my opinion, not enough biomechanical factual support for the points made. I appreciate that this support is hard to establish, but I had hoped that this book would provide more than it did. Well written otherwise, and worth reading, but not the definitive 'proof' I had hoped for.

5.0 out of 5 stars

Dressage from the Horse's Point of view, July 12, 2013

By louise abitbol –

This review is from: Ridden: Dressage from the Horse's Point of View (Hardcover)

Sensible and tangible advise is offered in this book. Many of the exercises overlap into life exercises. For example learning to balance so that the horse can stay balanced presents itself to the reader as a tool to take with you on your own personal life journey. Learning the mechanics and bio-dynamics of horse and rider make sense and are presented as a way to create congruency. Love all aspects of this thoughtful approach. Using many of the techniques in my work as an equine therapist.

Thank you.

Louise Abitbol

4.0 out of 5 stars

Dressage book, February 18, 2014

By bobby Jo

This review is from: Ridden: Dressage from the Horse's Point of View (Hardcover)

Nicely written, worth the read to better understanding feel and mental awareness. Description and quality pictures threw out the book.

Help other customers find the most helpful reviews

Was this review helpful to you? Yes No

5.0 out of 5 stars

Well done very well done, November 8, 2013

By M. Noffze "

This review is from: Ridden: Dressage from the Horse's Point of View (Hardcover)

It's the best book I've ever seen on the human animal bond and it's huge impact on riding. Well done very well done!

Help other customers find the most helpful reviews

Was this review helpful to you? Yes No

3.0 out of 5 stars

Great philosophy, June 19, 2013

By Nicole D Richards

This review is from: Ridden: Dressage from the Horse's Point of View (Hardcover)

Great book and I absolutely endorse Thiel's philosophy and perspective. Wish that it was a little more in-depth for the intermediate to advanced rider that may already be sensitive to their horse's needs.