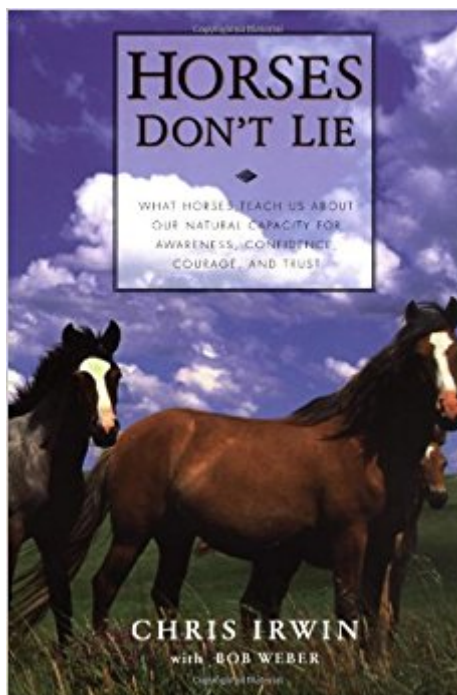


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# Horses Don't Lie: What Horses Teach Us About Our Natural Capacity For Awareness, Confidence, Courage, And Trust



## Synopsis

In *Horses Don't Lie*, Chris Irwin, one of the most successful horse whisperers in North America, shows us that horses have much to teach us about ourselves when we strive to understand their behavior. Based on more than twenty years of working with, training, and observing horses, Irwin explains why trust and honesty are essential elements in building relationships with horses, and why the sensitivity and awareness that characterize a horse's perception of the world are qualities we can use to enrich our own lives. "A horse knows what you know," Irwin reminds us, and in *Horses Don't Lie* his message is clear: Horses have a great deal to teach us about how to communicate with empathy and patience—not only with them, but also with each other.

## Book Information

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## Customer Reviews

Popularized by two bestselling books and a high-profile film, the role of "the horse whisperer" has begun to take on mythic proportions. Professional horse trainer Irwin, with the aid of journalist Weber, strips the idealism from this image, giving concrete advice on how to read a horse's body language, speak in an authoritative tone and understand the equine psyche. The book isn't strictly a how-to, however; Irwin spends considerable time laying out his personal history as a trainer. Over a dozen years, he moves from getting bucked off and breaking his leg and ribs to finally striking a successful mix of humility and assertiveness, an effective combination for training. He also discusses equine-assisted psychotherapy, which has been used (as in *The Horse Whisperer*) to help troubled humans. Despite the lively memoir and thoughtful meditation on psychotherapy,

however, the true value of the book lies in Irwin's nuts-and-bolts description of how to understand a horse and, through careful attention, gain control as a rider. For example, he writes that when a horse's tail is hanging light and loose, calmness prevails, but when it's swishing, the horse is agitated. If swishing becomes circular wringing, the horse has gotten angry. When the book advances into how a rider's speech and body movements affect a horse, even beginning riders will feel that they've moved up a notch in terms of equine education. (Aug.)Forecast: Although the subtitle makes this sound like a self-help book on understanding ourselves through horses, it's best suited to dedicated, passionate riders who want to become better at their sport. They'll find it a valuable, perhaps even classic book on horse whispering and, as Irwin writes, "horse listening."Copyright 2001 Cahners Business Information, Inc.

Chris Irwin travels extensively throughout North America coaching both horses and riders in the non-resistance bonding process he has developed over the last two decades. He writes regularly for equestrian magazines. He and his family live near Swift Current, Saskatchewan. Bob Weber is a journalist and author based in Edmonton, Alberta, Canada.

Whether you're a horse person or an executive managing a department of 30 people, this book is for you!The training principles apply to EVERY DAY LIFE... not surprising, as all true horsemanship eventually brings you to creating trust, respect, responsibility and humility... The top qualities on any corporate manager... the top qualities of any relationship with your horse.Chris writes in a fashion that captures the reader right off the bat! He shares in story form and brings you right into the middle of the action where you can "see" what he's talking about and how it works. Not a text book. Not a "How To Do" book. This is a story that leads you to learning. If you have horses of your own and just step outside after reading the book for a moment with your horse and watch... you'll soon realize how much more you "see."My horse has a sketchy background with a lot of heavy heavy handling. Although well trained, he developed a mistrust and an attitude that would test me every time we engaged. After reading the stories in Chris' book, I went back out to the barn and engaged Willie with "new eyes." He immediately softened and we didn't have the usual question arise... "Who's boss?" Our session was effortless in spite of a wild storm approaching and freezing temperatures. ...Ahhhh, the proof was in the pudding!!!!...I hope every person who owns a horse they want to feel a connection with reads this book... I hope every corporate manager who runs a crew and wants his people to feel engaged with the spirit of cooperation and equal investment in the outcome, reads this book!

You may conclude from the title that this book is filled with long philosophical chapters that will be easily forgotten once read. Not so. Chris Irwin presents his subject (which is much broader than you may think) with concrete advice and solid information that he has gathered through his many years of experience with horses. He writes with an honest, down-to-earth style that is guaranteed to both touch your heart and appeal to your mind. The first half of the book is a study of horse psychology in comparison to human psychology. Chris explains the different ways that horses and people view the world using the terms 'prey consciousness' and 'predator consciousness'. Although many horse people are aware that horses view their world from the eyes of a prey, they don't quite comprehend that we approach horsemanship from the eyes of a predator. This is the first book I have read that thoroughly explores this issue and offers solutions and ideas to help us bond with our horses. Chris also runs through identifying equine body language to enable us to effectively understand and communicate with horses. Following that, he uses metaphors and imagery weaved with realistic tips and guidelines to explain the basis of achieving smooth forward movement in the horse, both from the ground and under saddle. The second half of the book I found not particularly useful as I couldn't apply his message to myself. The author devotes an entire chapter to encourage people to get in touch with their inner self, develop a positive attitude, heal their souls, and generally change their outlook on life into a brighter and more productive view. Once he was through with that, he finally discussed the subject of how horses can help us heal from within. The last one-quarter of the book is the most inspirational. *Horses Don't Lie* is a great read for every horse person willing to take their relationship with their horse one step further. The title of the book is slightly misleading; much more than what it suggests is covered.

Awesome book. Great insight into how a human's everyday actions are perceived by our horse and we have no idea that we even sent any sort of "communication" to them. Fabulous information on the way horses communicate and how we can change our relationship for the better simply by showing us the "little" things we do that send the wrong message to our horses. These "little" body signals make a big difference on how your horse perceives you. Great writing

This book presented good insight into the horse/human bond and the understanding that can occur between the two. It was helpful especially in the presentation of the point of view of the horse as a prey animal. The author is particularly aware of this viewpoint as he deals with horses and is able to make it clear to the reader. He is amazed, as we are when we read his accounts, of the unusual

trust that the horse has in humans, since we are predators. I found that this point of view stuck with me as I worked with my horses after I read the book. I found myself more aware and grateful to my horses for their trust.

This book touched me deeply and I'm confident it will you, too!

I purchased a 3 year old Arabian gelding, because I did not want the horse to be sold at auction and possibly meet a bad end. The horse had never been ridden and had not been trained. I thought I could hire a trainer and the horse would be wonderful. That did not happen. If I ever intended to ride this horse, I needed to establish control. I read several books and watched a lot of fun DVDs about training horses, but this book is the first that has given me information that I can take into the round pen and read the results my horse is saying. The idea of the book is that you not only need to work on the horse, but you need to work on yourself. I am very pleased with the book and have bought several to give as gifts.

I am an older person taking riding lessons for the first time. I bought this book to give me insight into horse. That it certainly does, however, it is also one of the best books I have read about learning more about yourself and gaining self-confidence. I have read many self-help books and this is by far the best. Horses are said to be mirrors to the soul and if you are looking to improve yourself, increase your self-esteem, feel better about yourself, get on a horse. And read this book.

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