



Zen Mind, Zen Horse: The Science and Spirituality of Working with Horses

Allan J. Hamilton MD

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Eastern philosophy enters the stables in this unique guide to horsemanship. Allan Hamilton describes how horses understand and respond to the flow of vital energy around them. They use this energy, called *chi*, to communicate with their herd, express dominance, and sense predators. Hamilton shares safe, simple techniques to make you more receptive to your animal's chi, so you can develop a calm and effective training style that will not only help your horse follow commands, but strengthen the spiritual bond between horse and rider.

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