

# Riding From The Heart: A Transformative Journey with Horses and Horsemanship

## Embark on a Journey of Self-Discovery and Healing

In her captivating book, *Riding From The Heart*, Sheryl Lynde invites you to embark on a transformative journey through the world of horses and horsemanship. With a blend of personal stories, practical insights, and a deep understanding of equine nature, Lynde guides you towards a profound connection with these majestic creatures and, in turn, with yourself.

Horses have an innate ability to mirror our emotions and behaviors, making them powerful catalysts for self-discovery and healing. As you interact with horses on a deeper level, you'll uncover hidden strengths, confront limiting beliefs, and develop a greater sense of self-awareness.



### **Riding from the Heart** by Sheryl Lynde

★★★★☆ 4.7 out of 5

Language : English

File size : 2667 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 74 pages



## Unveiling the Secrets of Horsemanship

Lynde's passion for horsemanship shines throughout the book as she reveals the secrets to building a harmonious relationship with your horse. You'll learn essential techniques for effective riding, communication, and training, fostering a mutual respect and understanding that transcends the physical realm.

Whether you're a seasoned rider or just starting out, *Riding From The Heart* offers invaluable insights into the art of horsemanship. Lynde's compassionate and encouraging approach empowers riders of all levels to connect with their horses on an emotional and spiritual level, creating an unbreakable bond.

### **Testimonials from Readers**



***“ "Riding From The Heart transformed my riding experience. Sheryl's wisdom and guidance helped me develop a deeper connection with my horse, resulting in a profound and fulfilling partnership." - Jennifer, avid rider ”***



***“ "Lynde's book is a masterpiece that unveils the healing power of horses. Through her personal journey, I gained insights into my own emotions and learned how to navigate life's challenges with grace and courage." - Sarah, therapist ”***



## **Unlock the Transformative Power of Horses**

Horses possess an extraordinary capacity to teach us about ourselves and the world around us. When we enter their space with an open heart and a willingness to listen, they become our guides, healers, and trusted companions.

Riding From The Heart empowers you to:

- Discover your true self and hidden potential
- Develop confidence, resilience, and self-esteem
- Build a deep and fulfilling connection with horses

- Live a more mindful, balanced, and intentional life

## Free Download Your Copy Today and Embark on Your Journey

Riding From The Heart is a timeless treasure that will inspire, empower, and transform your life. Free Download your copy today and embark on a journey that will forever change your relationship with horses and with yourself.

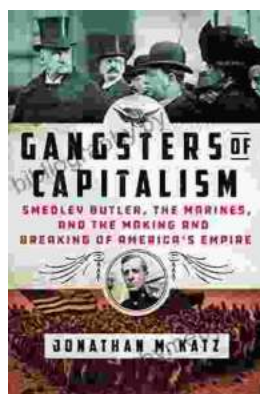
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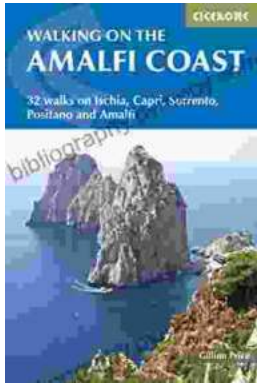
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