

10 Essential Tips From Your Horse to Improve Your Relationship

The Secret Wisdom from Your Trustworthy Companion - Unveiled!

Have you ever thought about seeking relationship advice from a horse? Well, you might be surprised to know that these majestic creatures possess remarkable insights that can help you nurture and strengthen your relationship with your partner. Let's dive into the 10 essential tips your horse wants you to know.

1. Listen with an Open Heart

Horses are attentive listeners, and they expect the same from you. Practice active listening with your partner, paying attention without interrupting and validating their feelings. Communication is the key to success in any relationship.

2. Embrace Trust and Mutual Respect

Horses teach us the importance of trust and mutual respect. Building a secure foundation of trust will bring you closer to your partner. Make sure to communicate openly and honestly, allowing your trust to flourish.



Going Steady: More Relationship Advice from Your Horse

Going Steady: More Relationship Advice from

Your Horse by Amy McAuley (Kindle Edition)

★★★★☆ 4.8 out of 5

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Enhanced typesetting : Enabled

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Print length : 326 pages

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3. Body Language Speaks Louder Than Words

Horses rely heavily on body language, and so should you! Pay attention to your partner's non-verbal cues. Actions often speak louder than words, so learn to interpret their body language and respond with empathy and understanding.

4. Practice Patience and Forgiveness

Horses have an innate patience that humans can learn from. It's crucial to be patient with your partner's flaws and mistakes. Foster a forgiving environment and embrace the opportunity for growth together.

5. Appreciate the Power of Quality Time

Just like horses, your partner values quality time spent together. Dedicate time to create meaningful memories, engage in shared hobbies, and simply enjoy each other's company. The bond you build through shared experiences will be unbreakable.

6. Explore New Trails Together

Don't be afraid to venture into uncharted territories in your relationship. Horses cherish exploration, and by stepping out of your comfort zones, you can discover new aspects of your partner's personality and strengthen your connection.

7. Celebrate Each Other's Strengths

Horses appreciate and celebrate each other's unique strengths. Similarly, acknowledge and support your partner's abilities and achievements. Celebrating together will foster a positive environment and encourage each other's personal growth.

8. Create a Safe and Supportive Space

Just like horses seek a safe and supportive environment, you must foster the same conditions in your relationship. Create a space where your partner feels heard, understood, and loved. Remember, you're a team!

9. Embrace Vulnerability

Horses embrace vulnerability as a natural part of their existence. Open up to your partner, allowing them to see your true self, fears, and dreams. Building emotional intimacy will strengthen your bond and create a deeper connection.

10. Appreciate the Journey, Not Just the Destination

Horses enlighten us about the importance of appreciating the journey rather than solely focusing on the destination. Enjoy the moments of growth and progress you experience with your partner while working towards your shared goals.



Remember, relationships take effort, commitment, and continuous growth. By incorporating these valuable lessons from your horse, you can nurture a loving,

respectful, and fulfilling partnership. Embrace the wisdom from your four-legged friend and watch your relationship flourish!



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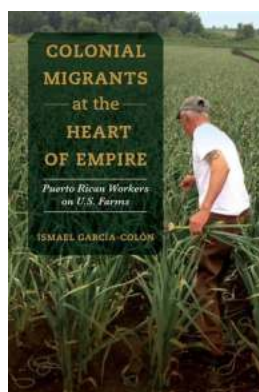
Going Steady takes up where Relaxed & Forward, Relationship Advice from Your Horse, left off. These bite-sized essays on affirmative horse training, rescue stories, and "gray mare" thoughts are geared toward encouraging creative, affirmative partnerships. Blake's writing uses clear descriptions, a joy of storytelling, and some sideways humor to inspire meaningful, positive communication. Sometimes irreverent but always honest and horse-centric: *What you have to offer is more than enough and your horse is just as magical as he ever was.* Leadership is a humble service given with kindness. Security exists when both sides truly understand that for trust to exist, there is no place for intimidation. *In riding, don't be fooled by smoke and lights. Anyone can spur a horse into speed and jerk them to a halt. If you want to know true connection, look for partnership between the movements. Because the art is always in the transition. *Be the change you want to see in your horse. If he is hot, you cool your body movements. If he is reluctant to walk, you lighten and lift your body

movements. Correct yourself. *Let's redefine leadership as the one who breathes and smiles the most: Let an inhale relax your body, let an exhale leave soft shoulders and a soft belly. Let a smile give you a soft jaw.*Be seriously patient and your horse will offer his heart. Be seriously grateful and it will change your heart. Most of all, be seriously lighthearted because horses like us that way.*The arc of a horse's life (or our own) doesn't look like a golden rainbow. It looks more like the jagged readout of a heart monitor. There are ups and downs in each heartbeat. It's how you can tell we're alive. Relaxed & Forward Training is firmly rooted in the principles of traditional Dressage; training relaxed and forward gaits with responsiveness and balance for the horse and rider. I combine this with a special focus on listening to Calming Signals, the natural language of the horse, for a partnership of understanding, confidence, and pleasure. I take horses and riding very seriously, but I do it with humor and lightness because horses like happy riders.



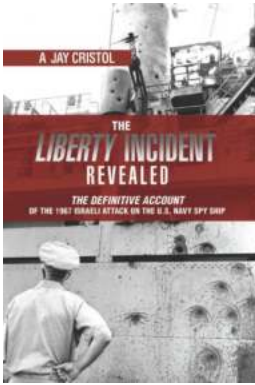
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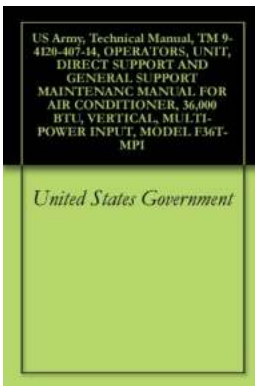
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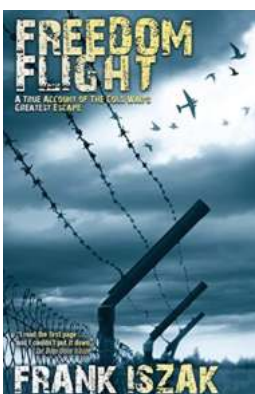
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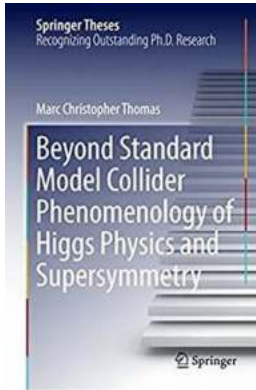
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