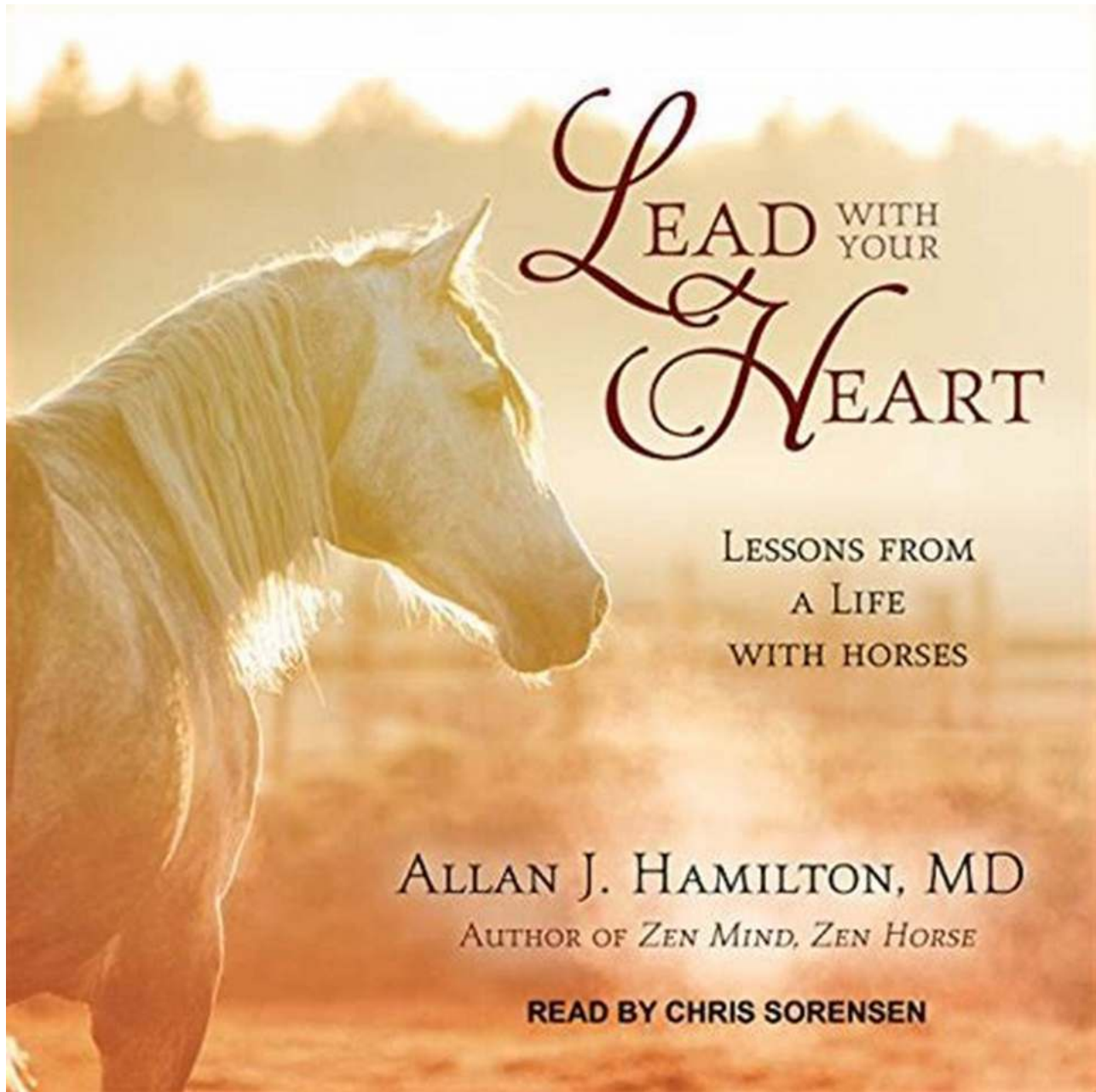


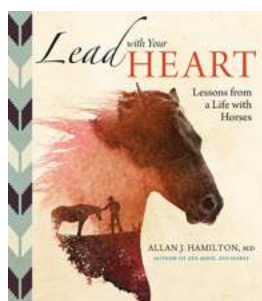
Unveiling the Profound Lessons Horses Teach Us - Lead With Your Heart!



When it comes to nurturing essential qualities like empathy, trust, and leadership, horses have been extraordinary teachers to mankind. Their majestic presence and deep-rooted instincts offer profound insights into our own lives. Join us as we embark on a journey of self-discovery, unraveling valuable lessons we can learn

from these magnificent creatures. Get ready to lead with your heart as we unveil the transformational power of Life with Horses!

1. Unconditional Partnership and Trust



Lead with Your Heart . . . Lessons from a Life with Horses by Allan J. Hamilton (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 5436 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 233 pages
Lending	: Enabled
Paperback	: 72 pages
Item Weight	: 7 ounces

Dimensions : 8.5 x 0.17 x 8.5 inches



Horses have an incredible ability to form strong and loyal bonds with humans. Through their keen senses and intuitive nature, they teach us the importance of creating deep connections built on trust and respect. Like horses, leading with your heart means showing unwavering loyalty, dependability, and being reliable in your relationships.

2. The Power of Non-Verbal Communication

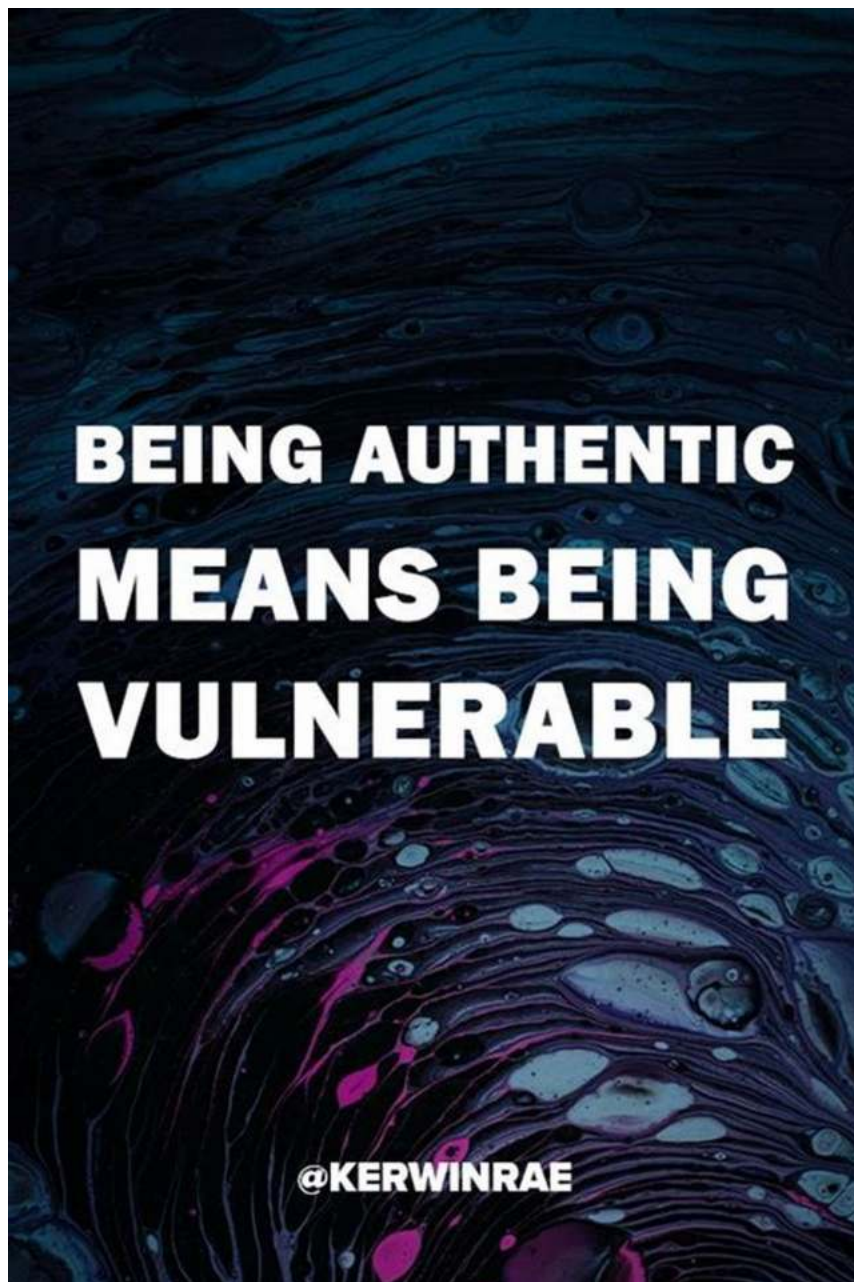
Power of Non-Verbal Communication



Dr. Mike Seigel

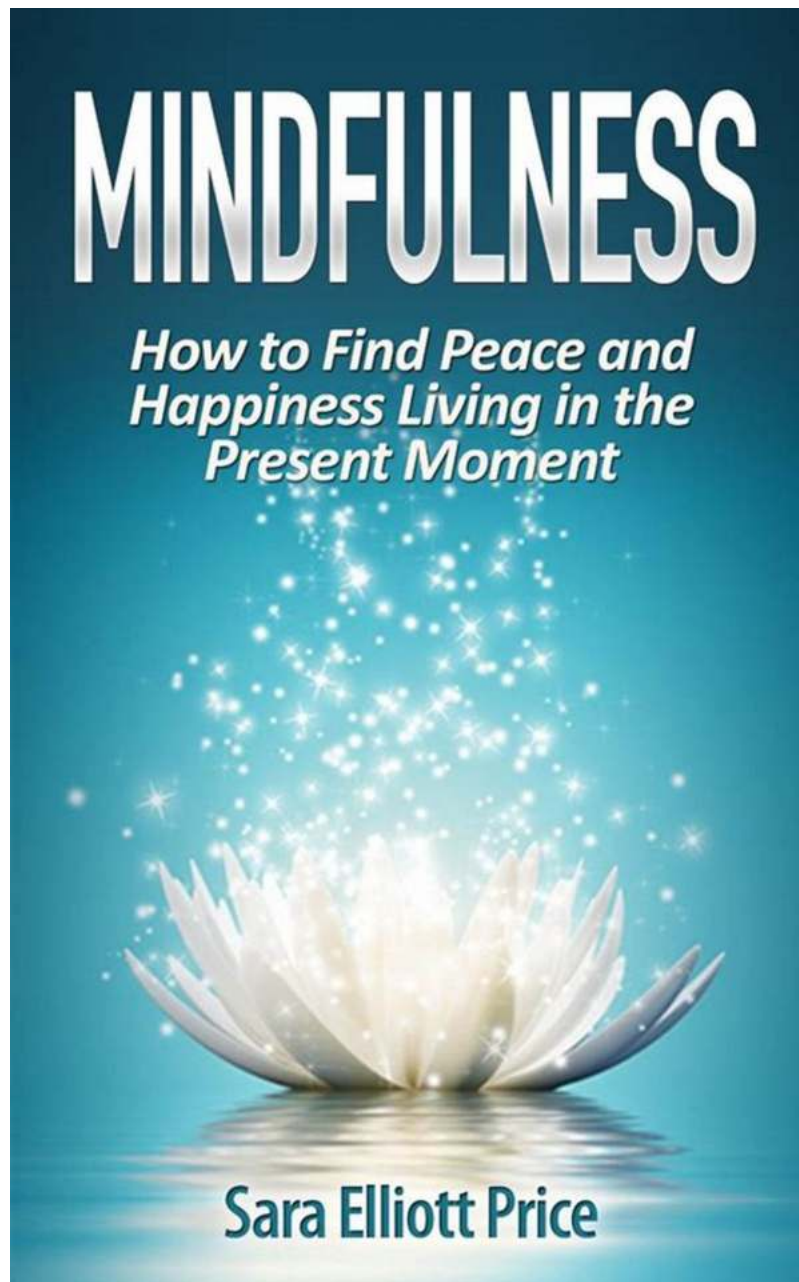
Being herd animals, horses rely heavily on non-verbal communication to convey their intentions and emotions. They respond to our body language, energy, and emotions more than our words. By attuning ourselves to their non-verbal cues, we learn to become more aware of our own non-verbal communication and its impact on others. Leading with your heart means understanding the power of silence, empathy, and effective non-verbal communication.

3. Embracing Vulnerability and Authenticity



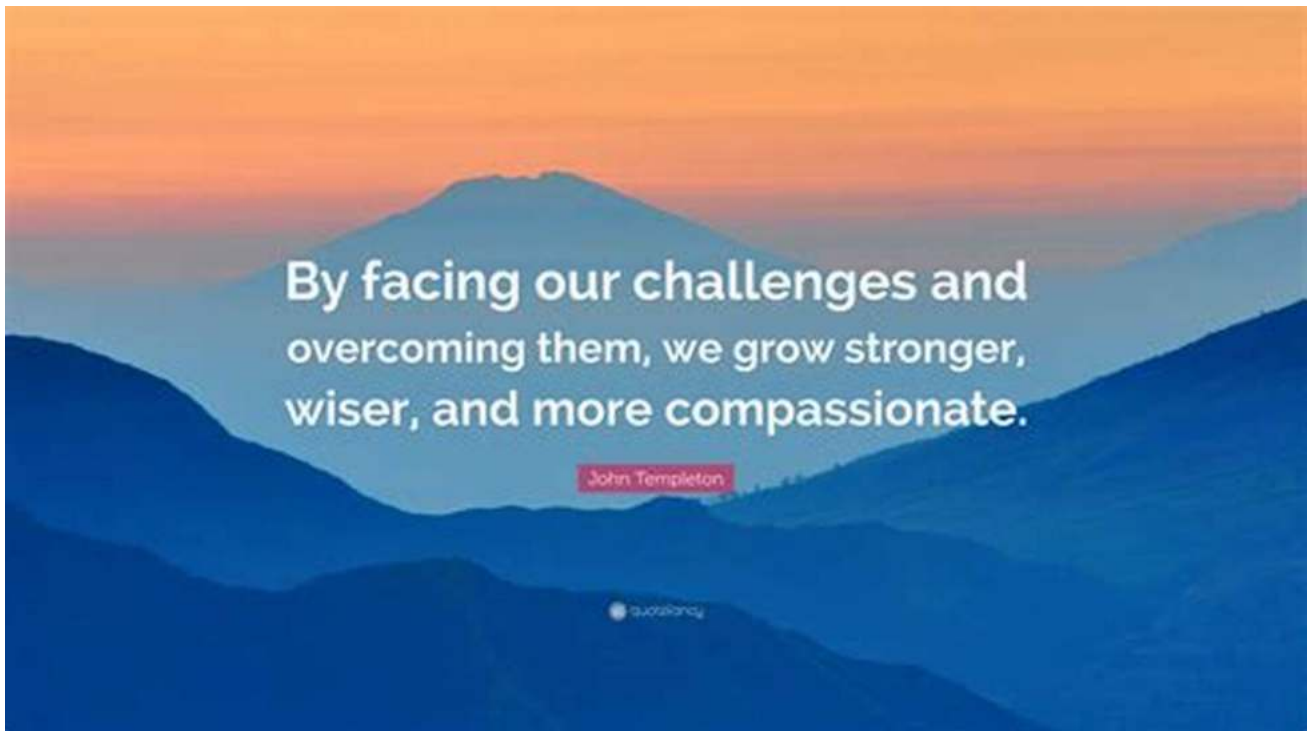
Horses possess an incredible ability to sense our true intentions and emotions. They teach us the value of being authentic and vulnerable in our interactions with others. When we lead with our hearts, we allow ourselves to be open, genuine, and transparent. Embracing vulnerability cultivates trust, strengthening our relationships and fostering a deeper sense of connection.

4. Mindfulness and Living in the Present Moment



Horses live in the present moment, naturally attuned to their surroundings. They encourage us to slow down, let go of distractions, and fully embrace the present. By practicing mindfulness, we become more aware of our thoughts, feelings, and actions. Leading with your heart means being fully present, appreciating the beauty in each moment, and building deeper connections with others.

5. Resilience and Overcoming Challenges



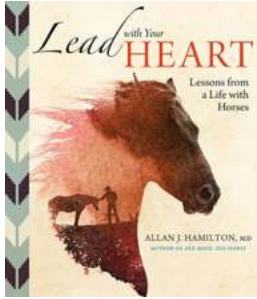
Life with horses is filled with challenges, whether it's learning to ride, navigating obstacles, or building trust. Horses inspire us to be resilient in the face of adversity, to persist in the pursuit of our goals, and to believe in our own capabilities. Leading with your heart means embracing challenges as opportunities for growth, staying determined, and never giving up.

Horses have an extraordinary ability to touch our hearts and shape our lives in profound ways. From teaching us the importance of trust and authenticity to guiding us towards self-awareness and resilience, the lessons they share extend far beyond the equestrian world. So, let us lead with our hearts, embrace these transformative lessons, and watch as our lives unfold with grace and compassion.

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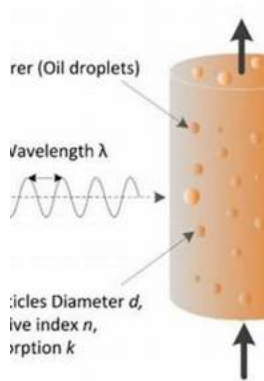
2016 Foreword INDIES Gold Award Winner

2016 Gold Nautilus Book Award Winner

2017 Silver Independent Publisher Book Award Winner

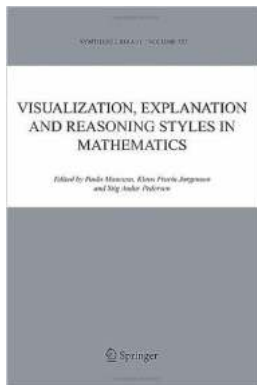
2017 Silver IBPA Benjamin Franklin Award Winner

Award-winning author and celebrated neurosurgeon Allan J. Hamilton combines his understanding of the human brain with nearly 30 years' experience training horses to offer wisdom on such universal themes as leadership, motivation, ambition, and humility. The results are showcased in more than 100 thoughtful essays that treat working with horses as a metaphor for personal, professional, and spiritual growth. Whether you're searching for greater spiritual depth or simply want to better understand your four-legged partner, this wise and important collection has something for you.



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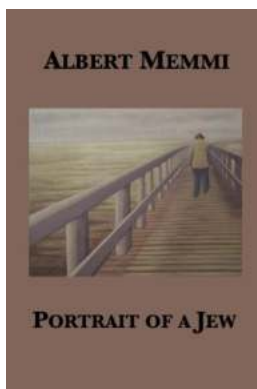
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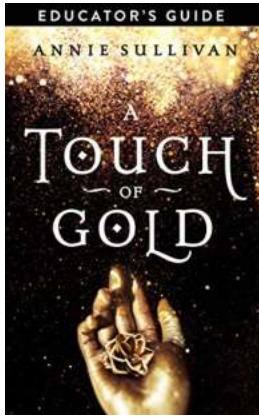
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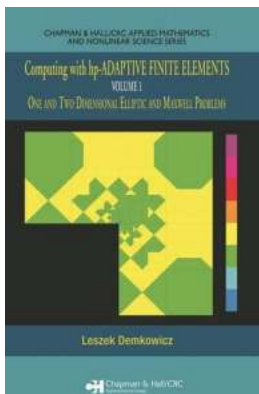
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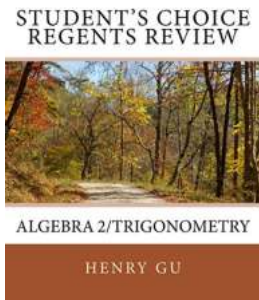
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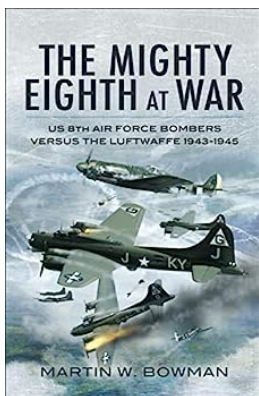
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