



The Alchemy of Lightness: What Happens Between Horse and Rider on a Molecular Level and How It Helps Achieve the Ultimate Connection

Dominique Barbier, Maria Katsamanis

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Within these pages lies an ambitious study of the interplay of mechanisms put in motion when man and horse meet, communicate, and ultimately become one. Dominique Barbier and Dr. Maria Katsamanis examine how “lightness” is generated, using the simple and elegant basics of the universe—atoms and molecules—which exist all around us. Scientific findings and theoretical underpinnings allow us to better understand how lightness with a horse occurs—and how to harness it. Discover practical guideposts for the mechanics of “riding in lightness,” including:

- Five common misconceptions about riding and horses
- Seven keys to meeting the challenges we so often face when working with horses
- Four elements necessary to ensuring the horse’s comfort and willingness to join us in “the dance”

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