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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

With Understanding Comes Success

By Jeffrey Rolo

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One of the reasons I strongly encourage horse owners to train their own horses rather than ship them away to a professional trainer is familiarity. Quite simply, an unfamiliar party will not understand your horse nearly as well as you, and this understanding of a horse is the backbone of any successful training plan.

This is not to suggest that all horse trainers are clueless individuals that bumble along hoping to do something right, because most professional trainers will take the time to understand a horse before ever thinking about saddling him and training him to ride. But all too often an impatient or inexperienced "trainer" will misread a horse's problem or intention and react incorrectly due to his lack of understanding. Too many of these incidents can prolong the training process (thereby costing you money) and potentially mentally scar your horse for life.

Far too many head-shy horses can be attributed to inexperienced or abusive past trainers and/or owners who lacked an understanding of the horse they were working with. Once a horse has developed this mistrust or fear of people it can take a good while to reassure the horse that another cuff is not waiting around the corner. And who can blame the horse? If every past exposure with a dog resulted in the dog biting you, chances are you would be very wary, if not outright panicked, by future exposures to canines.

To correct an improper action it is first important to understand the motivation that lies behind it. For example, let's say that you are training a young filly to walk alongside you to your left. Suddenly without permission the filly slams against your side, but being that she's still young it doesn't do much more than get your attention. What would you do?

1. Ignore the behavior - no harm was done after all.
2. Jab your elbow into the filly's shoulder and growl at her to remind her to respect your space.
3. Take a moment to detect the reason why the filly brushed against you.

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If you selected the first option, you chose wrong. Although your heart is in the right place in your willingness to "write off" a seemingly harmless action, eventually if you ignore these things they can compound to worse problems. Your filly won't always be so small and light!

If you selected the second option you might have reacted correctly if the filly was gently asked to respect your space previously and elected to ignore the request out of defiance. In such a scenario you would need to reinforce your authority lest she view herself as being the alpha leader amongst you.

But what if the filly stepped against you because the wind was carrying along a plastic bag that startled her? In such a case if you discipline your horse you do her a huge disservice because she's not trying to be defiant or challenge your authority - she's scared and she wanted your reassurance! If you start

cuffing your filly for violating your personal space she will be like a deer caught in a car's headlights; the bag to her left and the handler to her right are scaring her and she'll either bolt or become paralyzed.

Had you understood the root of her concern you could have forgiven the invasion of your space and instead showed your filly the plastic bag was nothing to be concerned about. Such reassurances would have put her mind at ease, allow her to regain focus on the task at hand and hopefully become desensitized towards future encounters with plastic bags.

A trainer that believed in the "one size fits all" philosophy would probably have chosen option two in the above scenario since at face value that would be the correct reaction, but without understanding the horse or the motivation behind her action his "correction" would have further compounded the problem. It is essential a handler take the time to understand a horse's behavior before attempting to correct it since one size most definitely does not fit all. And who would better understand your horse than you?

In addition the training process does not have to be the stressful battle of wills that most of us initially believe it to be. Taken slowly, both the horse and the owner can actually look forward to advancing along the lesson plan. As the owner and horse work together, each will develop an even better understanding of the other's mannerisms, personality and expectations... and with understanding comes success.

Jeffrey Rolo, owner of AlphaHorse and an experienced horse trainer and breeder, is the author of the above article. You will find many other informational articles dealing with horse training and care as well as games and other horse fun on his website:

Defining Success: What Does it Mean to You

By Tyler McKinna

We have all heard success stories, success quotes, and seemingly endless gurus touting how they

have achieved success in life.

What is interesting about all of these success stories is that very few of them are ever the same. There are various traits, success factors and keys to success that are shared by those individuals. However, each individual has achieved success in life through a success pattern unique to them.

This is why we must spend time with ourselves defining success and developing our own personal meaning of success. We must each develop our own recipe for success, steps to success, and understanding of how to measure success.

It is only when we develop our own meaning of success that we can start to develop success strategies that will lead us to our ultimate goals.

The following are a few questions that can help determine your personal definition of success:

1. What risks would I take if I knew there was no chance for failure?
2. What do I want out of life?
3. What is my ultimate career goal?
4. What would I most like to do, but can not?
5. What does a perfect relationship feel like?
6. On a perfect day, what would I do?

What we doing in this exercise is customizing our own strategy for success. This is by no means a comprehensive list of questions to ask yourself. This is a sample of questions in order to ignite the thought of personal success within you. Just like all other successful individuals, you have the ability to achieve success. However, you must carve your own path and seek your desires. Your personal desires will inspire you and lead you to develop your own strategies for success.

In the next post we will explore answers to these questions and begin to shape our definition of success. We will also begin a base of how effective communication with others can be a catalyst in your rise to success.

Tyler McKinna is a Marketing and Communications Consultant. More great articles from Tyler McKinna can be found at talksuccess.blogspot.com



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