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# Download File PDF Beyond Horse Massage A Breakthrough Interactive Method For Alleviating Soreness Strain And Tension

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## **KEY=SORENESS - LOPEZ COOPER**

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### **BEYOND HORSE MASSAGE**

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#### **A BREAKTHROUGH INTERACTIVE METHOD FOR ALLEVIATING SORENESS, STRAIN, AND TENSION**

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*Trafalgar Square* Developed to improve performance in equine athletes competing in high-demand environments?from show jumping, harness racing, and endurance to reining and barrel racing?this interactive touch method of equine message teaches any horse owner to recognize and use the responses of the horse to find and release accumulated tensions. Intuitive and interactive, this unique method enables the horse to actively participate in relieving strained muscles. With direction on where to begin on the horse's physique, step-by-step instruction for employing various techniques included in the method, and detailed coaching for different breeds and disciplines, this guide offers a unique opportunity to connect horse and rider resulting in superior health and performance.

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## **EQUINE MUSCLE MAGIC**

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### **A SIMPLE, EASY-TO-USE GUIDE FOR MASSAGING YOUR HORSE**

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*Trafford Publishing* Equine Muscle Magic was designed for every horse owner in a user friendly, step-by-step fashion so that you can make profound changes in your horse's health and performance through massage. At the same time, you will build a multi-level connection in your human/horse relationship, deeper than can be imagined. Learn how to clear your mind, perform stretches for horse and rider success, and master the mechanics of a successful equine massage. A 10-minute massage will get you started. Then understand the importance of building a "Body Map," and finally be able to perform a one-hour, full-body massage for your specific equine discipline.

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## **EQUINE MASSAGE**

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### **A PRACTICAL GUIDE**

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*\*Howell Book House* A long-awaited update of the classic equine massage reference Fully revised and updated, this new edition provides step-by-step instructions and more than 180 photographs and diagrams to help riders and professionals alike master equine massage techniques. This authoritative guide provides detailed information about massage movements, pressures, rhythms, and sequences. It includes: \* An introduction to equine anatomy, physiology, and kinesiology \* Practical information on stretching and hydrotherapy \* Four new chapters covering equine myofascial massage, Equine TMJ (temporomandibular joint) Dysfunction Syndrome, Equine Muscular Compensation Phenomenon, and saddle fitting \* A conformation check-up routine \* Information about areas of stress specific to each discipline and different massage techniques and routines for different situations \* A handy comb-bound format that lays flat for convenient use in the stable Equine massage enhances the performance and quality of life of horses by increasing flexibility, reducing stiffness, improving attitude, and shortening recovery time from injury. In addition to its many health benefits, equine massage strengthens the bond between the horse and his owner, trainer, or groom. Using these techniques, you'll learn to "see" with your hands and sense areas that need special attention. Equine Massage, Second Edition is

truly a hands-on guide to proven massage techniques that improve a horse's well-being.

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## **OSTEOPATHY AND THE TREATMENT OF HORSES**

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John Wiley & Sons Written by pioneering and internationally-renowned specialists in the field, this text provides clinically-orientated information on osteopathy as a treatment for horses. It explains the scientific rationale of how osteopathy works in animals, as well as providing a detailed working guide to the technical skills and procedures you need to know to perform safe and effective osteopathic procedures. Drawing on well established practices for humans this book provides details on the full variety of diagnostic and therapeutic osteopathic procedures that can be used on horses. Full of practical information, it demonstrates how professionals treating equine locomotor problems can adapt different procedures in different clinical settings. Over 350 colour images and detailed step-by-step instructions demonstrate the procedures and practice of osteopathy. Covers treatment both with and without sedation and general anaesthetic. This comprehensive text is written for students and practitioners of osteopathy with an interest in treating horses. It will also be useful to other allied therapists, and to veterinary practitioners who want to know more about the treatment of musculoskeletal problems.

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## **THE BASIC PRINCIPLES OF EQUINE MASSAGE/MUSCLE THERAPY**

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Massage Muscle Therapy Productions

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## **HORSE MASSAGE FOR HORSE OWNERS**

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## **IMPROVE YOUR HORSE'S HEALTH AND WELLBEING**

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The Crowood Press This book is a must for anyone who would like to improve the health, wellbeing or performance of their horse. Practical, educational and easy to follow, the author shares with you the knowledge and skills you need to massage your own horse. Learn about equine anatomy, massage techniques, and how to combine the moves to develop a complete massage routine. With the emphasis on how you can work with your own horse, Sue offers an insight into how to reduce pain and stiffness in your horse as well as improve performance. Massaging your horse gives something back in return for all he does for you, and will help you and your horse to truly enjoy the time that you spend together.

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## **PRACTICAL HORSE MASSAGE**

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## **TECHNIQUES FOR LOOSENING AND STRETCHING MUSCLES**

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Rowman & Littlefield "Practical Horse Massage puts massage techniques and stretching exercises into perspective and is easy to learn."--Alaska Horse Journal "If you've ever thought that massage or stretching could benefit your horse, Practical Horse Massage is an easy, but thorough read."--Horse Illustrated "Well illustrated with color photographs, the author leaves nothing to chance and makes sure the reader will understand the various massage procedures by using pictures as well as text instructions."--The Northwest Horse Source This book provides a complete introduction to horse massage, with easy-to-learn techniques and exercises. It is a book for everyone who wants to help their horses to relax and regenerate after competitions or long rides.

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## **BEYOND HORSE MASSAGE WALL CHARTS**

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## **PHYSICAL THERAPY AND MASSAGE FOR THE HORSE**

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## **BIOMECHANICS-EXERCISE-TREATMENT, SECOND EDITION**

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CRC Press The authors, a world leader in equine anatomy and imaging and a horse physiotherapist of international repute, provide a unique blend of basic biomechanics and practical physical therapeutic techniques, to relieve pain and improve performance, particularly in the sporting horse. This subtle and original book will be of interest to all those involved in equine welfare including veterinary practitioners, veterinary students, therapists, horse owners, riders, and trainers.

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## **IS YOUR HORSE 100%?**

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**RESOLVE PAINFUL LIMITATIONS IN THE EQUINE BODY WITH CONFORMATION BALANCING AND FASCIA FITNESS**

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*Trafalgar Square Books 100 percent ability is in your hands! Conformation Balancing is deceptively simple. With patient, conscientious placement of your hands on specific areas of the horse's body, you can bring about profound change in his physical and mental well-being. The secret? The internet-like web of fascia beneath the skin. Fascia is the connective tissue that "holds everything together"—it wraps around, attaches, and stabilizes muscles and internal organs, communicating with all parts while providing structure and organization. But here's the thing: Fascia is also a reservoir for emotional trauma and tension. This means that when you help a horse find physical release in a "stuck" area of strain or stiffness, you invite psychological healing as well.*

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**EQUINE STRUCTURAL INTEGRATION**

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**ILLUSTRATED MYOFASCIAL RELEASE MANUAL**

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*Sane Systems Equine Structural Integration: Myofascial Release Manual This book is a valuable guide to Equine Myofascial Release (MFR) for the horse owner or therapist as well as an essential reference for the professional practitioner. This book provides the essential overview and introduction to the techniques required to understand Equine Structural Integration. Equine Structural Integration: Myofascial Release Manual presents a logical series of techniques for bringing more structural order to the horses in your care. Equine Structural Integration: Myofascial Release Manual is rich in illustrations of Equine Myofascial Release Techniques for the: Head, Forelimb, Shoulders, Rear, working with scars, joints and myofascial stretching. The book is laid out in a very user friendly manner. The Equine Myofascial Release technique illustrations/photos and their description are kept together so you can easily follow the text while working with your horse. If you are working with a client's horse you can use the book as an added educational tool to help your clients better understand your work. This book is a needed educational tool for practitioners who provide Myofascial Therapy to horses. Equine Structural Integration: Myofascial Release Manual, takes you on a journey through the fascia from the cell to skin, from physiology to movement evaluation and Myofascial Release Techniques for the entire horse.*

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**ACUPRESSURE FOR HORSES**

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**HANDS-ON TECHNIQUES TO SOLVE PERFORMANCE PROBLEMS AND EASE PAIN AND DISCOMFORT**

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*Trafalgar Square Books Now you can help your horse with simple acupressure techniques! Learn to identify your horse's individual "body constitution type," which determines your choice of acupressure treatment; understand the 12 main channels of energy in your horse's body, and gain the ability to choose the correct points to treat specific issues. Relieve mild sources of pain and discomfort in your horse's body, influence his mental health and stability, and select appropriate treatment from a comprehensive list of common problems and their solutions, with step-by-step instructions and full-color photographs to help you help your horse.*

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**WHERE DOES MY HORSE HURT?**

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**A HANDS-ON GUIDE TO EVALUATING PAIN AND DYSFUNCTION USING CHIROPRACTIC METHODS**

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*Trafalgar Square Books Keep your horse pain-free and performing his best! Introducing 27 simple body checkups you can do on your horse—Where Does My Horse Hurt? is a do-it-yourself method for determining when and where your horse hurts. With this easy-to-follow book, conveniently spiral-bound so you can lay it open on your tack trunk and follow the instructions as you work on your horse, you will:*

- Become familiar with your horse's normal range of movement so you can prevent minor issues from becoming major.
- Stay in tune with areas of temporary or chronic discomfort so you can offer relief as needed.
- Solve "mystery" or "phantom" lamenesses that come and go seemingly without reason.
- Save thousands of dollars by avoiding expensive diagnostics that rarely get you answers.
- Learn how to discuss potential problem areas with farriers, veterinarians, and bodyworkers.
- Keep your horse actively and happily "in work" for more months of the year, and more years of his life.

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**UNDERSTANDING EQUINE ACUPUNCTURE**

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**YOUR GUIDE TO HORSE HEALTH CARE AND MANAGEMENT**

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*Eclipse Press A wide-ranging collection of informative, useful, practical and well-written guidebooks that address, in details, many of the key concerns of horse owners. Alternative medicine and therapies are growing more popular as treatment methods, not only for humans but for horses as well, especially as awareness of these methods increases among horse owners. Acupuncture for horses is becoming widely accepted as an alternative therapy, and it is being used to treat a number of conditions in equines from soreness to infertility. Understanding Equine Acupuncture thorough examines the history of*

*this ancient Eastern medical technique and its application to horses.*

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## **PHYSICAL THERAPY FOR HORSES**

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### **AN ILLUSTRATED GUIDE TO ANATOMY, BIOMECHANICS, MASSAGE, STRETCHING, AND REHABILITATION**

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*An incredible course in preventive and rehabilitative equine therapy techniques for horse owners and professionals.*

### **THE HORSE'S PAIN-FREE BACK AND SADDLE-FIT BOOK**

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### **ENSURE SOUNDNESS AND COMFORT WITH BACK ANALYSIS AND CORRECT USE OF SADDLES AND PADS**

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*Trafalgar Square Books* When your horse suddenly develops a performance problem or a bad attitude and neither seem to be remedied by new training techniques or medical care, you often face months—even years—of frustration and career limitation. Dr. Joyce Harman, veterinarian and respected saddle-fitting expert, states that 75 percent of horses with such issues are simply reacting to pain caused by ill-fitting saddles. And, as she explains in this thorough and highly illustrated book, poor saddle fit can be corrected with patience and know-how.

### **50 5-MINUTE FIXES TO IMPROVE YOUR RIDING**

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### **SIMPLE SOLUTIONS FOR BETTER POSITION AND PERFORMANCE IN NO TIME**

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*Trafalgar Square Books* 5 minutes a day is all the time you need to achieve: • Better balance in the saddle • Improved body control from head to toe • Increased influence with your seat • Flawless leg position and subtle aiding • Quieter, softer hands and contact your horse can trust • Less physical stiffness, tension, and riding-related pain • Confidence in your ability to communicate with your horse! PLUS, in just 5 minutes you can improve a horse that's: • Unwilling to go forward or "dead" to the leg • Hollow-backed, high-headed, or above the bit • Heavy on the forehand and unbalanced • A chronic "puller," "leaner," or "head-tosser"! Start or end your riding sessions with Wendy Murdoch's 5-Minute Fixes, and you'll be amazed how quickly you can replace old habits with new ones, get out of your "riding rut," and transform what you can't do into what you can do...naturally, capably, comfortably, and consistently alongside a happy riding partner—your horse.

## **EQUINE NEUROLOGY**

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*John Wiley & Sons* Equine Neurology, Second Edition provides a fully updated new edition of the only equine-specific neurology book, with comprehensive, clinically oriented information. Offers a complete clinical reference to neurologic conditions in equine patients Takes a problem-based approach to present a clinically oriented perspective Presents new chapters on imaging the nervous system, neuronal physiology, sleep disorders, head shaking, differential diagnosis of muscle trembling and weakness, and cervical articular process joint disease Covers the basic principles of neurology, clinical topics such as the initial exam, differentials, and neuropathology, and specific conditions and disorders Includes access to a companion website offering video clips demonstrating presenting signs

## **BIOMECHANICS AND PHYSICAL TRAINING OF THE HORSE**

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*CRC Press* Effective horse trainers strive to improve the performance of their horses while preserving the integrity of the musculoskeletal apparatus. Biomechanics and Physical Training of the Horse supplies an anatomical and functional overview of the topic, enabling trainers to optimize the different exercises their horses undergo during training and competition. Following a brief description of the biomechanics of the muscles underlying equine movement, the book discusses the muscles of the forelimb, hindlimb, and neck and trunk. These fundamentals have direct bearing on the later chapters, which focus on training and the core exercises for a horse. This text is illustrated throughout by the author's top-quality photographs, diagrams, and his own beautiful anatomical drawings. The book is of lasting value to all professionals and well-informed amateurs who work with horses: veterinarians, trainers and riders, researchers, physical therapists, and educators in equine courses.

### **55 CORRECTIVE EXERCISES FOR HORSES**

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### **RESOLVING POSTURAL PROBLEMS, IMPROVING MOVEMENT PATTERNS, AND PREVENTING INJURY**

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*Trafalgar Square Books* A highly illustrated guide to simple yet effective methods for keeping horses sound, healthy, and performing their best. Over time, horses (like people) acquire postural habits, compensate for soreness and injury, and develop poor movement patterns. This limits performance ability, causes unsoundness and health issues, and ultimately undermines the horse's overall

well-being. Jec Aristotle Ballou has made a name for herself advocating for the horse and providing sensible instruction in his schooling, conditioning, and care. Her bestselling books and popular clinics are designed to enable any horse person to correctly apply proven principles that bring measurable progress while avoiding boredom and confusion. In her latest collection of mounted and unmounted corrective exercises, Ballou demonstrates how we can actively work to improve the horse's posture and movement, whether he is: An active performance or pleasure mount. An aging or older horse that benefits from gentle exercise. A horse being rehabilitated following injury, illness, or lack of conditioning. Ballou's positive cross-training techniques are free of shortcuts, and her guidelines for analyzing the horse's posture and way of going help readers gain a new awareness of the equine body. Applicable for all disciplines and full of quality color photographs to explain the exercises, this is an integral collection that optimizes how the horse uses his body and helps ensure he stays sounder and healthier for more years of his life.

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## **THE PSYCHOLOGY OF SELLING**

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### **HOW TO SELL MORE, EASIER, AND FASTER THAN YOU EVER THOUGHT POSSIBLE**

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Thomas Nelson Inc Brian Tracy, one of the top professional speakers and sales trainers in the world today, found that his most important breakthrough in selling was the discovery that it is the "Psychology of Selling" that is more important than the techniques and methods of selling. Tracy's classic audio program, *The Psychology of Selling*, is the best-selling sales training program in history and is now available in expanded and updated book format for the first time. Salespeople will learn: "the inner game of selling" how to eliminate the fear of rejection how to build unshakeable self-confidence Salespeople, says Tracy, must learn to control their thoughts, feelings, and actions to make themselves more effective.

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## **BORN TO RUN**

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### **THE HIDDEN TRIBE, THE ULTRA-RUNNERS, AND THE GREATEST RACE THE WORLD HAS NEVER SEEN**

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Profile Books At the heart of *Born to Run* lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.

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## **THE MILLIONAIRE FASTLANE**

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### **CRACK THE CODE TO WEALTH AND LIVE RICH FOR A LIFETIME**

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Viperion Publishing Corp 10TH ANNIVERSARY EDITION Is the financial plan of mediocrity -- a dream-stealing, soul-sucking dogma known as "The Slowlane" your plan for creating wealth? You know how it goes; it sounds a lil something like this: "Go to school, get a good job, save 10% of your paycheck, buy a used car, cancel the movie channels, quit drinking expensive Starbucks mocha lattes, save and penny-pinch your life away, trust your life-savings to the stock market, and one day, when you are oh, say, 65 years old, you can retire rich." The mainstream financial gurus have sold you blindly down the river to a great financial gamble: You've been hoodwinked to believe that wealth can be created by recklessly trusting in the uncontrollable and unpredictable markets: the housing market, the stock market, and the job market. This impotent financial gamble dubiously promises wealth in a wheelchair -- sacrifice your adult life for a financial plan that reaps dividends in the twilight of life. Accept the Slowlane as your blueprint for wealth and your financial future will blow carelessly asunder on a sailboat of HOPE: HOPE you can find a job and keep it, HOPE the stock market doesn't tank, HOPE the economy rebounds, HOPE, HOPE, and HOPE. Do you really want HOPE to be the centerpiece for your family's financial plan? Drive the Slowlane road and you will find your life deteriorate into a miserable exhibition about what you cannot do, versus what you can. For those who don't want a lifetime subscription to "settle-for-less" and a slight chance of elderly riches, there is an alternative; an expressway to extraordinary wealth that can burn a trail to financial independence faster than any road out there. Why jobs, 401(k)s, mutual funds, and 40-years of mindless frugality will never make you rich young. Why most entrepreneurs fail and how to immediately put the odds in your favor. The real law of wealth: Leverage this and wealth has no choice but to be magnetized to you. The leading cause of poorness: Change this and you change everything. How the rich really get rich - and no, it has nothing to do with a paycheck or a 401K match. Why the guru's grand deity - compound interest - is an impotent wealth accelerator. Why the guru myth of "do what you love" will most likely keep you poor, not rich. And 250+ more poverty busting distinctions... Demand the Fastlane, an alternative road-to-wealth; one that actually ignites dreams and creates millionaires young, not old. Change lanes and find your explosive wealth accelerator. Hit the Fastlane, crack the code to wealth, and find out how to live rich for a lifetime.

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## COMPARATIVE OSTEOLOGY

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### A LABORATORY AND FIELD GUIDE OF COMMON NORTH AMERICAN ANIMALS

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*Academic Press* In the forensic context it is quite common for nonhuman bones to be confused with human remains and end up in the medical examiner or coroner system. It is also quite common for skeletal remains (both human and nonhuman) to be discovered in archaeological contexts. While the difference between human and nonhuman bones is often very striking, it can also be quite subtle. Fragmentation only compounds the problem. The ability to differentiate between human and nonhuman bones is dependent on the training of the analyst and the available reference and/or comparative material. *Comparative Osteology* is a photographic atlas of common North American animal bones designed for use as a laboratory and field guide by the forensic scientist or archaeologist. The intent of the guide is not to be inclusive of all animals, but rather to present some of the most common species which also have the highest likelihood of being potentially confused with human remains. An affordably priced, compact laboratory/field manual, comparing human and nonhuman bones Contains almost 600 high-quality black and white images and diagrams, including inch and centimeter scales with each photograph Written by the foremost forensic scientists with decades of experience in the laboratory and as expert witnesses An additional Companion Web site hosts images from the volume the reader can magnify and zoom into to see specific landmarks and features on bones <http://booksite.academicpress.com/9780123884374>

## INSIDE THE BOX

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### A PROVEN SYSTEM OF CREATIVITY FOR BREAKTHROUGH RESULTS

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*Simon and Schuster* "This counterintuitive and powerfully effective approach to creativity demonstrates how every corporation and organization can develop an innovative culture. The traditional attitude toward creativity in the American business world is to 'think outside the box'-- to brainstorm without restraint in hopes of coming up with a breakthrough idea, often in moments of crisis. Sometimes it works, but it's a problem-specific solution that does nothing to engender creative thinking more generally. 'Inside the Box' demonstrates Systematic Inventive Thinking (SIT), which systemizes creativity as part of the corporate culture."--Provided by publisher.

### ADVANCED TEACHING METHODS FOR THE TECHNOLOGY CLASSROOM

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*IGI Global* "This book provides a comprehensive, critical approach to meeting the new challenges of technology in the classroom. It gathers together research on technology methods, principles, and content, acting as a reference source for proven and innovative methods. It presents an introduction to teaching educational technology, design, and engineering and contains strategies for innovation in technology education"--Provided by publisher.

## DRESSAGE MOVEMENTS REVEALED

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### BIOMECHANICAL CONCEPTS AND BODYWORK - USING THE MASTERSON METHOD

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*J. A. Allen, Limited* Welcome to dressage like you've never seen it before! In this fascinating and highly illustrated book, Jim Masterson - creator of the Masterson Method - works with a crack team of experts to demonstrate the unique demands put on the physiology of the modern dressage horse and how this affects his training. He explains what riders can do to improve the horse's ability to perform the movements required at different levels using the acclaimed Masterson Method.

## CORE CONDITIONING FOR HORSES

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### YOGA-INSPIRED WARM-UP TECHNIQUES: INCREASE SUPPLENESS, IMPROVE BEND, AND UNLOCK OPTIMAL MOVEMENT

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*Trafalgar Square Books* Gentle ways to improve the horse's core fitness while relieving pain related to conditions such as kissing spine. Every equestrian wants to know: what is the difference between the horse that "dances" when you are on him, and the one that doesn't? According to Visconte Simon Coccozza, Trainer and Examiner for the La Fédération Française d'Equitation (FFE), it all comes down to the horse's posture. The horse's ability to use the powerful mechanisms already built into his body relies not upon the strength we can see on the outside but the strength on the inside. This invisible and complex arrangement of internal "core" muscles control the horse's posture, suppleness, and agility. Their good condition is the key to the dance. Equine core muscles are very difficult to isolate with the traditional training techniques common to horse sports. However, by examining what we do with the human body when faced with a weak core, we can find new methods for conditioning these areas of

the equine body. Coccozza has taken principles of the human practice of yoga and used them to develop novel ways of reaching deep within the horse's body and: Gently "unlock" areas that may be a little "rusty." Improve core fitness. And even relieve pain related to conditions such as kissing spine. In this highly illustrated book, he provides step-by-step instruction explaining easy mounted exercises that enhance the horse's posture, and boost his confidence in his body and movement, making him easier to ride, and ultimately, the dance partner you've always imagined.

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## **THE EXPERIENCE ECONOMY**

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### **WORK IS THEATRE & EVERY BUSINESS A STAGE**

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Harvard Business Press *Future economic growth lies in the value of experiences and transformations--good and services are no longer enough. We are on the threshold, say authors Pine and Gilmore, of the Experience Economy, a new economic era in which all businesses must orchestrate memorable events for their customers. The Experience Economy offers a creative, highly original, and yet eminently practical strategy for companies to script and stage the experiences that will transform the value of what they produce. From America Online to Walt Disney, the authors draw from a rich and varied mix of examples that showcase businesses in the midst of creating personal experiences for both consumers and businesses. The authors urge managers to look beyond traditional pricing factors like time and cost, and consider charging for the value of the transformation that an experience offers. Goods and services, say Pine and Gilmore, are no longer enough. Experiences and transformations are the basis for future economic growth, and The Experience Economy is the script from which managers can begin to direct their own transformations.*

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## **THE BRAIN THAT CHANGES ITSELF**

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### **STORIES OF PERSONAL TRIUMPH FROM THE FRONTIERS OF BRAIN SCIENCE**

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Penguin UK *An introduction to the science of neuroplasticity recounts the case stories of patients with mental limitations or brain damage whose seemingly unalterable conditions were improved through treatments that involved the thought re-alteration of brain structure.*

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## **THE ESSENTIAL HOOF BOOK**

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### **THE COMPLETE MODERN GUIDE TO HORSE FEET - ANATOMY, CARE AND HEALTH, DISEASE DIAGNOSIS AND TREATMENT**

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Trafalgar Square Books *The equine hoof is a complex marvel of natural engineering, built to withstand tremendous forces and able to adapt to an astonishing range of environmental conditions. It also changes daily--for better or for worse--in response to external and internal factors. Few horse owners have the opportunity to acquire a deep understanding of the hoof, which limits their ability to advocate on their horses' behalf and make informed decisions about hoof care and management. This book is the first resource of its kind to combine the most current and useful information available, gleaned from the research and wisdom of top hoof experts around the world, with a unique "hands-on" approach. The authors provide basic terms and anatomy, clearly illustrate the differences between healthy and unhealthy feet, discuss biomechanics and management concerns, and cover the causes, treatments, and prevention of commonly encountered problems, including laminitis, white line disease, and thrush. Along the way, readers are given activities to help them better analyze and understand the most important aspects of equine hoof health, such as hoof balance, depth of sole, and point of breakover. Easy-to-follow language, over 400 full-color photographs, and do-it-yourself exercises promise to empower horse owners and caretakers of all experience levels with the tools they need to accurately assess hoof health and keep their horses as sound and happy as possible.*

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## **LOSING EARTH**

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### **THE DECADE WE COULD HAVE STOPPED CLIMATE CHANGE**

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Pan Macmillan *'Nathaniel Rich's account starts in Washington in the 1990s and tells the story of how climate change could have been stopped back then, if only the powerful had acted. But they didn't want to.'* - Observer *By 1979, we knew all that we know now about the science of climate change - what was happening, why it was happening, and how to stop it. Over the next ten years, we had the very real opportunity to stop it. Obviously, we failed. Nathaniel Rich tells the essential story of why and how, thanks to the actions of politicians and businessmen, that failure came about. It is crucial to an understanding of where we are today. 'The excellent and appalling Losing Earth by Nathaniel Rich describes how close we came in the 70s to dealing with the causes of global warming and how US big business and Reaganite politicians in the 80s ensured it didn't happen. Read it.'* - John Simpson *'An eloquent science history, and an urgent eleventh-hour call to save what can be saved.'* - Nature *'To change the future, we must first understand our past, and Losing Earth is a crucial part of that when it comes to the environmental battles we're facing.'* - Stylist

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## THE ANXIETY JOURNAL

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### EXERCISES TO SOOTHE STRESS AND ELIMINATE ANXIETY WHEREVER YOU ARE

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Pan Macmillan While some forms of anxiety are natural, even helpful, anxiety disorders can lead you into a spiral of stress and worry, and interfere with your everyday life. Practical, supportive and uplifting, this is a journal for anyone who struggles with anxiety, whether in the form of phobias, social anxiety, generalized anxiety (GAD) or day-to-day worrying. Beautifully illustrated by Marcia Mihotich, *The Anxiety Journal* by Corinne Sweet encourages you to use CBT techniques and mindfulness exercises to help you better understand your anxiety and help you to achieve peace and calm. Whether you're awake at 4am unable to turn off those racing thoughts, or struggling to get yourself together before a presentation, *The Anxiety Journal* will help to soothe stress and reduce worry, identify negative thought-cycles, and provide you with techniques to combat anxiety wherever you are.

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## HORSE ANATOMY FOR PERFORMANCE

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David & Charles Examine the anatomy of a horse from an entirely different perspective. This intriguing and original explanation of the 11 internal body systems of horses shows them painted on the outside to describe everything on the inside. The horse is a highly sophisticated living organism so to enable him to reach his full athletic performance and give him a happy, healthy quality of life it is vital to understand both his capabilities and limitations within the context of his structure and function. Gillian Higgins turns her trademark technique of painting internal diagrams directly onto live horses to show how all the systems work, and work together, to influence performance and reduce the risk of injury. Divided into 12 chapters, *Horse Anatomy for Performance* combines high quality photographs and intricate paintings with top tips and fascinating facts to provide a practical and useful guide to horse anatomy. Visually appealing, original and easily understandable, the book explains how anatomy influences the way we manage, ride and train our horses. This book is a sequel to *How Your Horse Moves* by Gillian Higgins; together the books provide a comprehensive guide to horse anatomy in action "Finally a book where you can learn how your horse ticks - inside out - and it is easy to understand and fun to read. A must for every serious equestrian." --Dr W. Bechtolsheimer

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## ACTIONABLE GAMIFICATION

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### BEYOND POINTS, BADGES, AND LEADERBOARDS

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Packt Publishing Ltd Learn all about implementing a good gamification design into your products, workplace, and lifestyle Key Features Explore what makes a game fun and engaging Gain insight into the Octalysis Framework and its applications Discover the potential of the Core Drives of gamification through real-world scenarios Book Description Effective gamification is a combination of game design, game dynamics, user experience, and ROI-driving business implementations. This book explores the interplay between these disciplines and captures the core principles that contribute to a good gamification design. The book starts with an overview of the Octalysis Framework and the 8 Core Drives that can be used to build strategies around the various systems that make games engaging. As the book progresses, each chapter delves deep into a Core Drive, explaining its design and how it should be used. Finally, to apply all the concepts and techniques that you learn throughout, the book contains a brief showcase of using the Octalysis Framework to design a project experience from scratch. After reading this book, you'll have the knowledge and skills to enable the widespread adoption of good gamification and human-focused design in all types of industries. What you will learn Discover ways to use gamification techniques in real-world situations Design fun, engaging, and rewarding experiences with Octalysis Understand what gamification means and how to categorize it Leverage the power of different Core Drives in your applications Explore how Left Brain and Right Brain Core Drives differ in motivation and design methodologies Examine the fascinating intricacies of White Hat and Black Hat Core Drives Who this book is for Anyone who wants to implement gamification principles and techniques into their products, workplace, and lifestyle will find this book useful.

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## THE HORSE ANATOMY WORKBOOK

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### A LEARNING AID FOR STUDENTS BASED ON PETER GOODY'S CLASSIC WORK, HORSE ANATOMY

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J. A. Allen, Limited Equine anatomical structure and terminology is universally regarded as one of the most difficult aspects of equine studies. Equine students have long been familiar with Goody's *Horse Anatomy: The Pictorial Approach to Equine Structure*, a textbook used in equine colleges all over the world. Now, based on this classic work, talented equestrian artist Maggie Raynor has prepared a workbook designed to make learning not only easier, but a lot more fun. Students are asked to label or color various parts of the equine body in a succession of exercises covering every part of the horse and every aspect of its structure, from the skeleton to the outer surfaces. A natural stable mate to *Horse Anatomy*, *The Horse Anatomy Workbook* will assist a new generation of students to familiarize themselves with equine structure and terminology.

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**HORSE ANATOMY**

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**A COLORING ATLAS**

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Dogwise Publishing This horse anatomy book is an excellent learning tool for all people who deal with horses or veterinary medicine. You will explore equine anatomy by coloring the anatomically accurate illustrations of the horse's organs and reading the short descriptions accompanying them. This is a pleasant and rewarding learning tool for veterinary medicine students, equine science majors, 4-H horse projects and all horsemen, horse trainers, breeders and farriers.

**IN THE REALM OF HUNGRY GHOSTS**

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**CLOSE ENCOUNTERS WITH ADDICTION**

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Knopf Canada In this timely and profoundly original new book, bestselling writer and physician Gabor Maté looks at the epidemic of addictions in our society, tells us why we are so prone to them and what is needed to liberate ourselves from their hold on our emotions and behaviours. For over seven years Gabor Maté has been the staff physician at the Portland Hotel, a residence and harm reduction facility in Vancouver's Downtown Eastside. His patients are challenged by life-threatening drug addictions, mental illness, Hepatitis C or HIV and, in many cases, all four. But if Dr. Maté's patients are at the far end of the spectrum, there are many others among us who are also struggling with addictions. Drugs, alcohol, tobacco, work, food, sex, gambling and excessive inappropriate spending: what is amiss with our lives that we seek such self-destructive ways to comfort ourselves? And why is it so difficult to stop these habits, even as they threaten our health, jeopardize our relationships and corrode our lives? Beginning with a dramatically close view of his drug addicted patients, Dr. Maté looks at his own history of compulsive behaviour. He weaves the stories of real people who have struggled with addiction with the latest research on addiction and the brain. Providing a bold synthesis of clinical experience, insight and cutting edge scientific findings, Dr. Maté sheds light on this most puzzling of human frailties. He proposes a compassionate approach to helping drug addicts and, for the many behaviour addicts among us, to addressing the void addiction is meant to fill. I believe there is one addiction process, whether it manifests in the lethal substance dependencies of my Downtown Eastside patients, the frantic self-soothing of overeaters or shopaholics, the obsessions of gamblers, sexaholics and compulsive internet users, or in the socially acceptable and even admired behaviours of the workaholic. Drug addicts are often dismissed and discounted as unworthy of empathy and respect. In telling their stories my intent is to help their voices to be heard and to shed light on the origins and nature of their ill-fated struggle to overcome suffering through substance use. Both in their flaws and their virtues they share much in common with the society that ostracizes them. If they have chosen a path to nowhere, they still have much to teach the rest of us. In the dark mirror of their lives we can trace outlines of our own. —from *In the Realm of Hungry Ghosts*

**THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK**

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Harmony Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.

**BE YOUR OWN EQUINE SPORTS COACH**

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Crowood Press (UK) As riders, we often spend many hours training independently without regular access to high quality coaches, sport psychologists, biomechanic specialists or exercise physiologists. This can be the difference between performing well and performing to the best of your ability consistently and reliably over the long term. By bringing together the science of training, coaching and psychology, *Be Your Own Equine Sports Coach* explores the horse and rider as individual athletes and how, as a combination, you can meet the demands of competition by building highly personalized strategies and techniques that enable you to reach your potential in whatever discipline you choose and whatever your ambition. Key areas covered include: making sports psychology work for you understanding human peak performance the physiological and biomechanical demands of horse sport developing sport specific training programs analyzing your performance strategic development and authentic leadership