



The Seven Deadly Sins of Dressage: How to Overcome Human Nature and Become a More Just, Generous Riding Partner for Your Horse

Douglas Puterbaugh, Lance Wills

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Like the classic deadly sins, the seven deadly sins of dressage presented in this innovative guide—ignorance, timidity, pride, fear, gluttony, impatience, and sloth—wreak havoc on both rider and equine development and training. Calling attention to common mistakes and offering new strategies for avoiding age-old pitfalls, this manual addresses the philosophical issues of incorrect dressage training by examining each vice in depth. Using a touch of humor and sound advice, this guide comes complete with practical exercises, enlightening photographs, and useful information for becoming a better rider and person.

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