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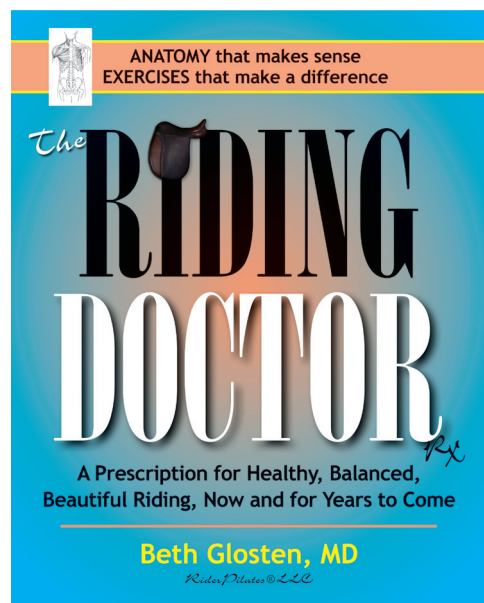
BETH GLOSTEN, MD

Trafalgar Square Books is pleased to announce the release of *The Riding Doctor* by Beth Glosten, MD.

After leaving horses behind for many years to pursue her medical career, Dr. Glosten decided it was time to ride again—only to discover that, as a middle-aged woman, she struggled with tension, awkwardness, and an aching back. Dr. Glosten's own frustration with riding prompted her to apply her clinical research skills to figure out what it would take to not only create the harmonious picture of horse and rider moving together, but also feel good while doing it.

The result is a book that sets itself apart with its remarkably clear and understandable explanations of riding anatomy and what our bodies “do” on horseback, as well as its applicability to riders of all ages, abilities, and equestrian disciplines. Dr. Glosten knows how our bones and muscles move and react when we communicate with a horse from the saddle. She is familiar with our compensatory patterns and movement tendencies via both her medical background and her own riding experience. With sections based on Dr. Glosten's Five Rider Fundamentals—Mental Focus, Proper Posture, Leg Control, Arm Control, and Understanding Movement—readers are introduced to a sensible system of organizing the human body in the saddle. Throughout, “Rider's Challenge” case studies provide a glimpse of the kinds of problems commonly faced and how to best solve them. Then, Dr. Glosten—who is also a certified Pilates instructor and founder of the RiderPilates LLC fitness program—provides over 50 step-by-step exercises geared toward further developing the riding skills we need to be balanced, effective, healthy riders, now and for years to come.

BETH GLOSTEN, MD, earned her medical degree from the University of Washington and practiced as an academic anesthesiologist. While she no longer practices medicine, this background laid a foundation for her analytical approach to rider-position issues. Dr. Glosten received her Pilates training through the PhysicalMind Institute and is certified through the Pilates Method Alliance. She operates her RiderPilates program



in Redmond, Washington, where she teaches private and small-group offhorse exercise and movement classes. She also gives lessons and offers RiderPilates clinics that focus on rider position and function to improve balance and health (www.RiderPilates.com).

“By helping you understand how your body interfaces with your horse, I hope to help you meet your riding goals and, at the same time, ride in good health and prevent injury.”

—BETH GLOSTEN, MD

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