

## Reading List (available on Amazon)

- \*Leadership and Horses, by Don Jessop
- \*Beginners Guide to Foundation Horse Training, by Don Jessop
- Inspiration & Leadership, series of 3, by Don Jessop
- Horse Mastery Journal, by Don Jessop (Nice journal to record your experiences)
  
- Horse Brain – Human Brain, The Neuroscience of Horsemanship (*Getting Smart about how horses and humans think, act, and work together*), by Janet L. Jones, PhD
  
- How Change Happens in Equine-Assisted Interventions, by Noreen Esposito & Angela K. Fournier
  
- The Manuel of Medicine and Horsemanship, Transforming the Doctor-Patient Relationship with Equine-Assisted Learning, by Beverly Kane, MD
  
- Centered Riding, by Sally Swift
  
- Remount Horsemanship – The Fundamentals of Groundwork, by Richard Schouten
  
- <https://www.heart.org/en/healthy-living/healthy-bond-for-life-pets/pet-owners/horses-have-heart/6-health-benefits-of-horses>
  
- <https://www.psychologytoday.com/us/blog/ending-addiction-good/201805/time-horse-around>