



# K.I.C.K. Your Fear of Horses

*Heidi A McLaughlin*

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## **K.I.C.K. Your Fear of Horses** Heidi A McLaughlin

K.I.C.K. Your Fear of Horses is a guide to help those who are plagued with horse fear get back in the saddle and ride with confidence. The book is based on the authors personal experience as well as the journey of three women who also went from fear into confident horsemanship. The author, Heidi A. McLaughlin, hopes that this book will help others gain the confidence they need to find true joy in the saddle. The book quotes the advice from many accomplished experts such as Chris Cox (who also wrote the Foreword), Stacy Westfall, Richard Winters, Karen Scholl, Mike Kevil, Steve Halfpenny, Dr. Robert M. Miller and Rick Lamb. Heidi explains the meaning of K.I.C.K. in great detail: Keep at it! Don't give up. Invest in a well-trained horse and good equipment Courage needed to gain Confidence. Knowledge needed to overcome the fear. And Heidi presents numerous practical hints to help get you on your way out of fear and into knowledge, which leads to confident riding....fearless riding! Her personal journey as well as her gift for writing makes this heart-warming "how to" book a must-read.

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