



# Release the Potential: A Practical Guide to Myofascial Release for Horse & Rider

*Doris Kay Halstead, Carrie Cameron*

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"Release the Potential is a "how to" book for using physical therapies such as massage and myofascial release on your horse. This book has numerous photos showing the working positions and skeletal diagrams to give you a concept of what the asymmetry looks like." In addition, it includes anecdotal stories of horses that made amazing improvements with these techniques and helps bring the work to life. --Reach into Life Books

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