

In Search of Your Image: A Practical Guide to the Mental and Spiritual Aspects of Horsemanship

Jill K. Hassler-Scoop

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This workbook accompanies In Search of Your Image. It is an ideal guide for an annual personal journal. Popular with people who want to get to know themselves more deeply and continue personal growth. For riders who want to advance, getting to "know yourself" is a must to progress in your art or sport.



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