Horse People

By Michael Korda
Genre : Sports & Outdoors

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Horse People by Michael Korda is Sports & Outdoors Bestselling author Michael Korda's Horse People is the story -- sometimes hilariously funny, sometimes sad and moving, always shrewdly observed -- of a lifetime love affair with horses, and of the bonds that have linked humans with horses for more than ten thousand years. It is filled with intimate portraits of the kind of people, rich or poor, Eastern or Western, famous or humble, whose lives continue to revolve around the horse. Korda is a terrific storyteller, and his book is intensely personal and seductive, a joy for everyone who loves horses. Even those who have never ridden will be happy to saddle up and follow him through the world of horses, horse people, and the riding life.

More Recommended Books

PERFECT MIND: PERFECT RIDE

By : Inga Wolfram
Possessing the right mind-set and relevant mental skills has long been considered vital in achieving top performances in all sports. And yet, to many riders, mental fitness still remains something of an afterthought. In Perfect Mind: Perfect Ride, the author demonstrates how to develop and achieve the right kind of attitude, motivation and mental skills to make the most of the rider's abilities whether it be riding as a recreation or as a competitive sport. Horses are highly sensitive flight animals - they will react first and ask questions, well, never...! In essence, this means that every time riders get on their horse, they need to be fully committed, aware and in control of their body, their thoughts and their emotions, in order to communicate with their horse in precisely the right kind of manner.

Günter, der innere Schweinehund, wird fit

By : Stefan Frädrich & Ingo Buckert
Eigentlich wissen wir ja, was wir tun sollten: die Treppe statt des Aufzugs nehmen, uns in die Sportschuhe schwingen und hin und wieder mal ins Schwitzen kommen. Doch wir kennen auch diese lästige Stimme in uns: "Streng dich nicht an!", "Sport ist Mord!". Diese Stimme kommt von Günter, unserem inneren Schweinehund. Erst wenn Günter weiß, wie man gut gelaunt fitter wird, feuert er uns an: "Los, beweg dich!" Und bald schon fühlen wir uns besser als jemals zuvor. Wetten?

Zen in the Art of Archery

By : Herrigel Eugen & R. F. C. Hull
The book sets forth theories about motor learning and control that provide lessons for learning any sport or physical activity. For example, a central idea in the book is that through years of practice, a physical activity becomes effortless both mentally and physically, as if the body executes complex and difficult movements without conscious control from the mind.

**The Laser Book**

By: **Tim Davison**

The Laser is the world’s most popular adult dinghy and comes with three rigs: Standard (used by men at the Olympic games), Radial (used by women at the Olympic games) and 4.7 (used by young people moving up from the Optimist). But the boat is not restricted to top athletes; its versatility means that it is an ideal boat for beginners and club racers too. Lasers can be found at nearly every sailing club throughout the world. Targeted at the club sailor, The Laser Book covers the techniques and skills needed to succeed in Laser sailing, for those starting out through to those striving to win their Club Championship. Whether you are a youngster moving up to a 4.7 or a club sailor looking to improve your results, expert advice from author Tim Davison, plus contributions from Laser gold medallists, world champions and their coaches, will take your Laser sailing to the next level.

Beginning with setting up the boat, Davison takes you through your early sailing experiences and caring for your Laser. Developing your skills on all points of sailing, you will then be introduced to race tuning and racing itself. This is detailed for all three Laser rigs, including the new Mk2 Standard sail. Over 350 photographs show you exactly how it’s done and 50 diagrams illustrate key boat parts, the different points of sailing and complex on-the-water scenarios with clarity. Whatever your background, your current level or the extent of your ambition, this book gives you all the tools you need to get out on the water and improve your Laser sailing.

**The Imaginary Girlfriend**

By: **John Irving**

“Detail[s] Irving’s parallel careers of writing and wrestling . . . with anecdotes that are every bit as hilarious as the antics in his novels” (The Denver Post). Dedicated to the memory of two wrestling coaches and two writer friends, The Imaginary Girlfriend is John Irving’s candid memoir of his twin careers in writing and wrestling. The award-winning author of bestselling novels from The World According to Garp to Avenue of Mysteries, Irving began writing when he was fourteen, the same age at which he began to wrestle at Exeter. From those early days until his fourth wrestling-related surgery at the age of fifty-three, he explores the interrelationship between the two disciplines. Writing as a father and mentor, Irving offers a lucid portrait of those writers and wrestlers—from Kurt Vonnegut to Ted Seabrooke—who guided him in his own development as a novelist, wrestler, and wrestling coach. As The Denver Post observed, this memoir is “a rich, wonderful, and diverse look into the creative mind of one of America’s most imaginative and passionate novelists.” “The nearest thing to an autobiography Irving has written . . . Worth saving and savoring.” — The Seattle Times “Irving’s wrestling coaches, his writing mentors, and his family are vivid, inviting readers into a colorful world.” — USA Today “A masterpiece . . . The generosity of spirit that marks his fiction leaks into his memoir in tender and surprising ways.” — Edmonton Journal

**Down and Dirty**

By: **Matt B. Davis**

Obstacle course races and mud runs such as Tough Mudder, Spartan Race, Warrior Dash, Rugged Maniac, and Muddy Buddy are all waiting for you to get Down and Dirty. Author Matt B. Davis offers an overview of the most popular races before tackling the most important concerns for any racer: preparation and training. Each obstacle-focused chapter will feature a leading obstacle race athlete who will offer expert advice on how to get prepared for your next race—whether it’s your
first or you’re a recent devotee who wants to try them all. Because each race is different, this book will supply training advice for a variety of obstacles and races.

**Marine Knots**

By: Patrick Moreau & Jean-Benoit Heron

Learn to master dozens of knots essential for boating and all water activities with this innovative illustrated guide. Packed with helpful step-by-step instructions and beautifully detailed illustrations, Marine Knots includes forty different knots every water sportsperson—including sailors, motor boat enthusiasts, waterskiers, paddle boarders, kayakers, canoers, and more need to practice their craft or hobby safely and confidently. With Marine Knots, you’ll learn how to tie a variety of common knots, including: Stopper Knots, Hitch Knots, Lashing Knots, Eyes or Closed Loops, Bend Knots, Longitudinal Tension Knots, Whipping Knots, Symbolic Knots. For everyone who loves spending time on the water, Marine Knots is a reliable, invaluable guide—and the perfect accessory for popular water activities.

**The Ultimate Guide to Weight Training for Track and Field: Enhanced**

By: Robert G. Price

This enhanced eBook includes 3D animations of over 75 track and field-specific stretches and exercises. With this enhanced eBook you will be able to see exactly how the exercises are performed. The Ultimate Guide to Weight Training for Track and Field is the most comprehensive and up-to-date track and field-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year round track and field-specific weight training programs guaranteed to improve your performance and get you results. Athletes of all events, from sprinting to shot put, have used and benefited from the information in this text. No other track and field book to date has been so well designed, so easy to use, and so committed to weight training. This book will have all types of track & field athletes increasing speed, flexibility, power, strength, and endurance unlike any book before it. No longer will you find yourself becoming tired at the end of an event or losing distance on javelin or discus throws due to fatigue. By following this program you will eclipse your previous records and eliminate unnecessary injuries. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too! ABOUT THE AUTHOR Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin. He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world, including the USA Today and Muscle & Performance magazine, for his sports-training expertise. Rob is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's e-Training service. In addition to being an internationally recognized fitness expert, Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars.

**Ask a Pro**

By: Phil Gaimon

Phil Gaimon’s Ask a Pro answers every question you’ve always wanted to ask about pro cycling...sort of. Gaimon gathers the best of his popular Q&A column—and poke fun at his younger self. Despite the howling protests from his peers, no one’s ever been more willing to spill the beans on what it’s really like inside the pro cycling peloton than the sarcastic scribe Phil Gaimon. Building on the outrageous success of his hilarious 2014 debut, Pro Cycling on $10 a Day: From Fat Kid to Euro Pro
Gaimon gathers the absolute gems from his monthly Q&A feature column in VeloNews magazine into his new book, Ask a Pro: Deep Thoughts and Unreliable Advice from America’s Foremost Cycling Sage, adding a dose of fresh commentary and even more acerbic and sharp-eyed insights. With six years of material to work with—including his incredible rise into the pro ranks, the devastating loss of his contract for 2015, and his bold return to the Big League—Gaimon covers every possible topic from the team dinner table to the toilet with plenty of stops along the way. Gaimon offers wise-ass (and sometimes earnest) answers to fan questions like: · How much chamois cream should I use? · I’ve started shaving my legs. How can I be accepted by my friends? · What do you do to protect yourself when you know you’re about to crash? · How many bikes does my husband really need? · What’s the best victory celebration? Do you practice yours? · In women’s cycling, what is the proper definition of a pro? · What do you say to someone if they honk or almost hit you? · Do you know your bikes? · What do pros think when they see a recreational cyclist in a full pro kit or riding a pro-level bike? · Can you take your bike apart and put it back together? · How bad does the weather have to be to call off a training ride? · How do you know when it’s time to change a tire? · When you’re in a breakaway all day, do riders form a future friendship? · Riders keep complaining about “unsafe” weather at races. When did pro cyclists turn into such wussies? · How do the pros define a “crash”? Gaimon wields his outsider’s wit to cast a cock-eyed gaze at the peculiar manners, mores, and traditions that make the medieval sport of cycling so irresistible to watch. Ask a Pro includes new resources from Gaimon, too, including his Cookie Map of America, dubious advice on winning the race buffet, a cautionary guide for host housing, Phil’s pre-race warm-up routine, and a celebrity baker’s recipe for The Phil Cookie.

**Men’s Health Push, Pull, Swing**

By: Matt Murphy & Editors of Men's Health

No piece of exercise equipment is more convenient, reliable, versatile and effective at building lean muscle and boosting post-workout metabolic rate than the venerable dumbbell and its cousins the kettlebell and sandbag. Together, these are the tools that will reshape the way we think about fitness and this book will stand as the definitive guide to targeting the key muscles that men and women want to develop and tone. The beauty of these tools is that they are simple, inexpensive, and can be used in a small space so readers can exercise in the convenience of their homes. Most important is that they allow the freedom to use a full range of motion, unlike the rigid, limiting structure of weight machines. No longer restrained by the typical up/down motion of barbells and machines, readers can become strong in any direction. And sanctioned by Men's Health, this book demonstrates with large color photos more than 150 strength exercises that incorporate the three key movements—pushing, pulling, and swinging—that make up the perfect full-range-of-motion workout. Because it emphasizes building functional strength for real-world application and total-body fitness Men's Health Push, Pull, Swing will appeal to beginners as well as fitness buffs, especially those who enjoy CrossFit style workouts.