



REAL LIFE DRESSAGE: TRAINING ADVICE FROM NOVICE TO GRAND PRIX

HESTER CARL, CARL HESTER

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Team GB Olympic dressage team gold medallist Carl Hester shares his training system and philosophy - in pictures and in his own words, 'jargon-free' and 'down to earth'. Follow his training system as he works with different horses at different levels and adapts his training to suit each horse's personality. Discover what Carl thinks about his horses' welfare and management, and why these are so important to him. Learn how he manages to achieve such polished performances, be it in elementary work with a five year old, or in the dizzy heights of Grand Prix - then, do it yourself!

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