



The book 'The Horse and I' is the result of the author's need to make horse assisted activities and therapy easier to understand for a handicapped child.

The book provides the reader with very concrete knowledge about horses and therapeutic horseback riding lessons. This knowledge will prevent new child clients from stress and imbue their self-confidence during their first therapeutic riding sessions.

As for therapeutic riding instructors, the book will make their work easier.

The author, Anna Struminska is a biologist and certified therapeutic riding instructor. She has twenty years of experience in conducting horse assisted activities and therapy for people with special needs. She is a director of a Therapeutic Horseback Riding Center „Hipoterapia” Foundation in Warsaw, Poland.

The book was translated into English by Aleksandra Szymańska, a psychologist and certified therapeutic riding instructor. For ten years she was a therapist at „Hipoterapia” Foundation in Warsaw. Now she works at a Therapeutic Riding Center „DreamPower Horsemanship” in California, USA.

Aleksandra Szymanska is also the author of the illustrations in this book.