



# **Fitness, Performance, and the Female Equestrian (Howell Equestrian Library)**

*Mary D. Midkiff*

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"This book is an important guide for women who want to feel well, ride well and extend their active years."


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"Mary Midkiff is a new voice in our evolving cultural freedom, where insights unique to women in this case, in relation to horses and riding are welcome and needed." Richard M. Timms, M.D. chairman and CEO, Troxel Companies

"This is an exciting approach to an ancient relationship. Mary Midkiff has done horsewomen an important and useful service in bringing it all together." Mary Vernon practicing physician and professor of medicine Lawrence, Kansas

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