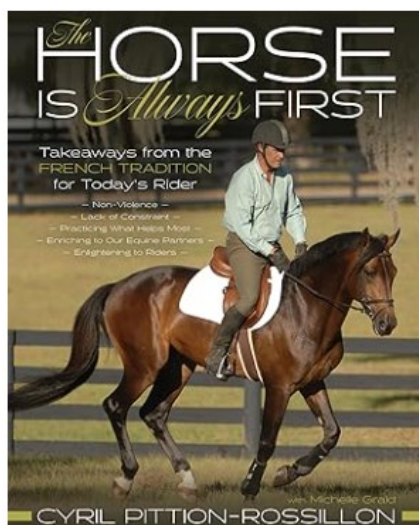


Trafalgar Square Books



Summer 2026



First printing: 5,000



The Horse is Always First

Takeaways from the French Tradition for Today's Rider

Cyril Pittion-Rossillon and Michelle Gald

Selling points:

- **Master humane, effective horse training.**
- **Achieve harmony through proven techniques.**
- **Enhance connection with your horse.**
- **Exercises that improve performance and enhance the horse.**

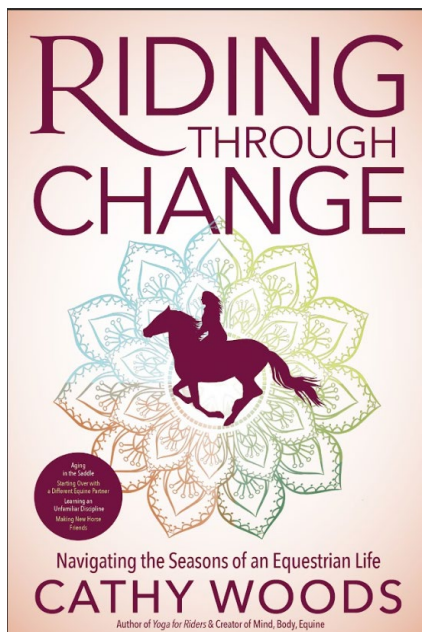
Discover the art of riding as a dialogue-not a demand. French Riding Master. Cyril Pittion-Rossillon distills decades of experience into a clear, humane, and joyful approach to horsemanship rooted in the French equitation system.

Pittion-Rossillon offers practical exercises and accessible philosophy for equestrians of all disciplines and skill levels. At the heart of this method are guiding principles that prioritize harmony, empathy, and respect for the horse above all else. Inside, readers will find:

- **Timeless Lessons from French Classical Riding:** Understand the foundations of balance, lightness, and communication.
- **Practical Exercises:** Step-by-step techniques to apply classical theory in everyday training.
- **Accessible Philosophy:** Guidance for riders seeking a deeper partnership with their horses.
- **Expert Insights:** Warm, clear instruction that frames riding as cooperation, not coercion.
- **Illustrations & Visuals:** Diagrams and 100 full color photos

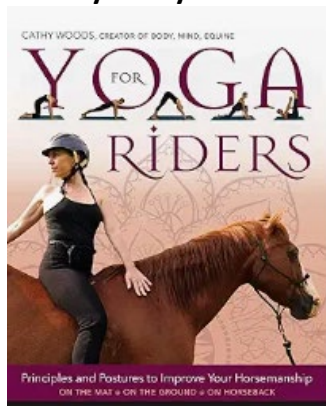
This book is perfect for dressage enthusiasts, recreational riders, trainers, and anyone committed to fair, empathetic horsemanship.

About the author: Cyril Pittion-Rossillon is a French Riding Master with over 30 years of experience teaching classical equitation in France and the United States. Renowned for his humane, harmony-based approach, he trains riders of all levels in the art of partnership and lightness. Visit him at <https://lynnpalm.com>.



First printing: 5,000

Also by Cathy Woods



Riding Through Change

Navigating the Seasons of An Equestrian Life

Cathy Woods

Selling points:

- **Practical wisdom and tools for every season of your life with horses.**
- **Relatable voice from someone who's "been there."**
- **Practical exercises plus spiritual wisdom for the real-world.**
- **Tools to keep you and your horse thriving—no matter what changes.**

Life changes-and when horses are part of it, those changes take on unique dimensions. Here longtime yogini and horsewoman Cathy Woods, creator of Body, Mind, Equine, offers a compassionate, practical guide to navigating transitions with resilience and gratitude.

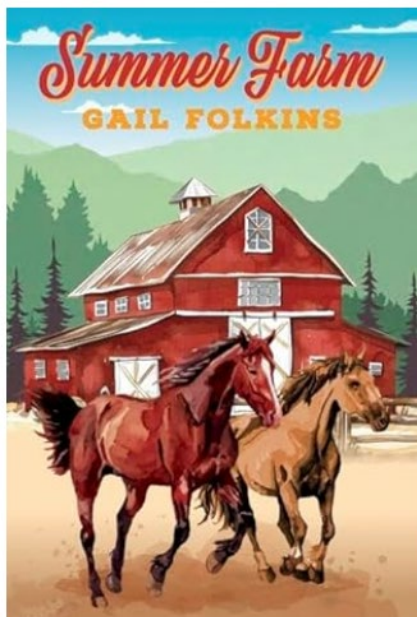
Drawing on decades of experience in yoga and horsemanship, Woods blends spiritual insight with actionable strategies to help equestrians thrive through life's twists and turns-whether it's aging, shifting priorities, or unexpected challenges. Inside, readers will discover:

- **Lessons from Horses:** What equines teach us about adaptability and presence.
- **The AAA Approach:** Acceptance, Adjusting, Acclimating-your roadmap for graceful transitions.
- **Mindful Practices:** Tools for grounding, gratitude, and resilience during change.
- **Expert Guidance:** Real-life examples and somatic techniques for body and mind alignment.
- **Community & Connection:** How to build and maintain supportive networks through every phase.

Riding through Change is perfect for equestrians of all persuasions seeking balance, clarity, and confidence during life's inevitable shifts.

About the author: Cathy Woods is a experienced yogini and equestrian with over 30 years of experience teaching yoga and mindfulness. Creator of Body, Mind, Equine, she integrates somatic practices and horsemanship to help riders cultivate resilience, balance, and conscious living. Visit her at

<https://cathywoodsyooga.com>.



Summer Farm

Gail Folkins

Selling points:

- **For horse-crazy young readers (ages 11-14).**
- **A coming-of-age triumph that tugs heartstrings and inspires young riders.**
- **Unforgettable heroine proves one voice can spark a movement.**
- **Barn-life authenticity meets edge-of-your-seat emotional storytelling.**
- **A must-read for fans craving courage, friendship, and fierce determination.**

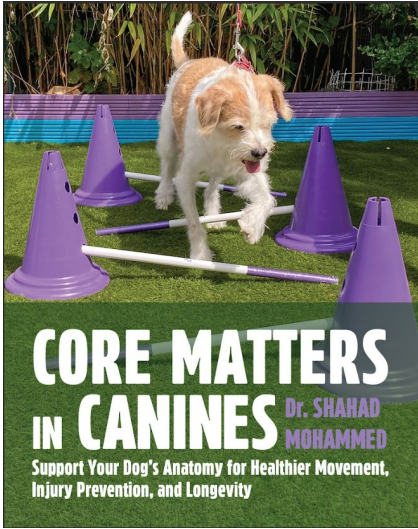
Summer Farm by Gail Folkins is a heartfelt, high-stakes YA novel for every horse-loving reader-and for every girl who's ever felt invisible. This inspiring story follows fourteen-year-old Kim Silva as she discovers her voice, her courage, and the power of friendship in the fight to save the place she loves most.

For Kim, Cascade Farm is more than a stable-it's home. Awkward and shy, she finds belonging among the horses and riders, forging an unbreakable bond with Dusty, a gentle chestnut lesson horse. But when Kim overhears a devastating secret-the farm is slated for rezoning and commercial development-her summer takes an unexpected turn. With the barn, herd, and open fields at risk, Kim must rally a divided group of riders and lead a daring campaign to protect decades of history.

From mastering posting the trot to organizing a protest ride, Kim's journey is filled with defining moments: racing down hidden tracks, catching runaway horses, and learning that one quiet voice can make the loudest difference. *Summer Farm* is a timeless story of resilience, loyalty, and the courage to fight for what matters most.

About the author: Gail Folkins, Ph.D., is an award-winning writer and educator whose work spans nonfiction and fiction. Author of *Texas Dance Halls* and acclaimed essays, she brings decades of equestrian experience and literary expertise to her YA debut, *Summer Farm*. Visit her at <https://gailfolkins.com>.

First printing: 5,000



First printing: 5,000



Core Matters in Canines

Support Your Dog's Anatomy for Healthier Movement, Injury Prevention, and Longevity

Shahad Mohammed

Selling points:

- **Proven methods for lifelong canine mobility and peak performance.**
- **The ultimate guide to proactive care-because prevention beats cure.**
- **Transforms everyday dog care into simple, expert-level physiotherapy.**
- **Reveals the hidden powerhouse muscle behind healthy, happy movement.**

Includes 150 full-color photographs for clear, practical guidance. Every dog deserves to move with ease, confidence, and joy - and this book shows you how to make that possible. Written by canine physiotherapy expert, this friendly, practical guide helps you understand what really keeps dogs mobile and pain-free as they age. Instead of focusing only on visible injuries, the book shines a light on the deep core muscles that support every step your dog takes.

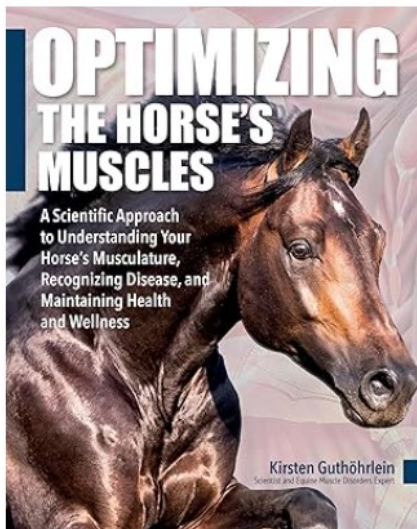
With clear explanations, helpful photos, and easy-to-follow tips, you'll learn how to spot early signs that something isn't quite right - long before limping or stiffness appear. Best of all, you'll discover simple routines you can do at home, such as gentle massage, stretching, strengthening, and small environment tweaks that make a big difference.

This book will give you the confidence to help your dog avoid common issues like hip problems, arthritis, or ligament injuries. Whether you share your life with a rambunctious puppy, an active adult dog, or a senior who needs extra support, you'll find practical tools to help them stay comfortable, active, and happy for years to come. Key benefits include:

- Easy-to-understand anatomy that shows how your dog's body really works.
- Simple, preventative exercises you can do at home in minutes.
- A special focus on the iliopsoas, one of the most important (and overlooked) muscles for long-term mobility.
- Real-life case stories that show how small changes can make a big difference.
- Support for both pet owners and professionals, empowering anyone to advocate for a dog's lifelong well-being.

Essential for dog lovers and veterinary practitioners alike, Core Matters offers a roadmap to keep dogs active, comfortable, and pain-free-because when it comes to mobility, core truly matters.

About the author: Dr. Shahad Mohammed is a director at WitsEnd Veterinary Physiotherapy in Leicester, England, and has worked as a canine physiotherapist and rehabilitation expert for over 20 years.



Print Quantity: 5,000

World English Only



Optimizing the Horse's Muscles

A Scientific Approach to Understanding Your Horse's Musculature, Recognizing Disease, and Maintaining Health and Wellness

Kirsten Guthöhrlein

Selling points:

- **Proven success with anatomy-focused titles (e.g., The Essential Hoof Book sold 23,000+ copies)**
- **Full-color, detailed package for maximum clarity**
- **Strong consumer interest in muscle health (Beyond Horse Massage sold 52,000+ copies)**

Discover how systematic training and adapted feeding can dramatically improve your horse's muscular health and overall well-being. When horses face muscle challenges or conditions like PSSM 2, they need informed, science-backed care.

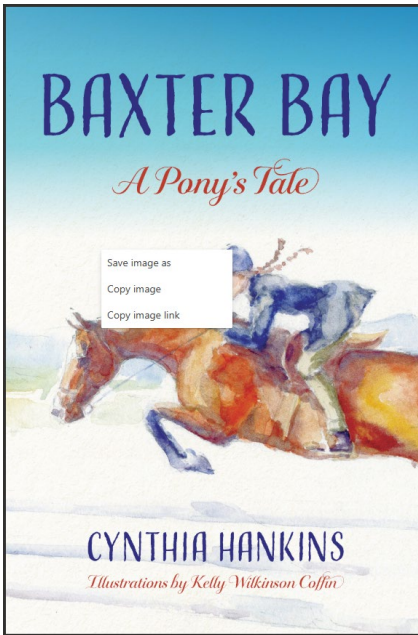
Optimizing the Horse's Muscles is the ultimate guide for veterinarians and horse owners alike. This comprehensive resource combines training, husbandry, feeding, anatomy, and biology to help you support healthy muscle function.

Inside, you'll learn:

- How muscles and muscle metabolism work
- Symptoms, diagnosis, and variants of PSSM 2
- Practical strategies for building and maintaining strong musculature
- Training principles to prevent fatigue and promote recovery
- Feeding plans for muscle health and PSSM 2 management

Packed with full-color diagrams, scientific insights, and actionable advice, this book covers everything from basic needs to advanced care for muscle disorders. Whether your horse is healthy or managing a condition, this is your definitive resource for muscular health.

About the author: Kirsten Guthöhrlein, a passionate equestrian, holds degrees in biology and sports science. With over 30 years of horse-keeping experience, she drew on multidisciplinary expertise—including medicine, genetics, and riding—to develop practical, science-based strategies for managing equine muscle health and disorders like PSSM 2.



Print Quantity: 5,000



Baxter Bay

A Pony's Tale

Cynthia Hankins

Selling points:

- **An engaging horse story for ages 8 to 12**
- **For fans of *Misty of Chincoteague* and *The Black Stallion***
- **Black-and-white drawings throughout.**
- **Heartwarming, humorous tale of retired show ponies**

A warm, witty, fully illustrated tale for young horse lovers and fans of The Black Stallion, Black Beauty, and Misty of Chincoteague.

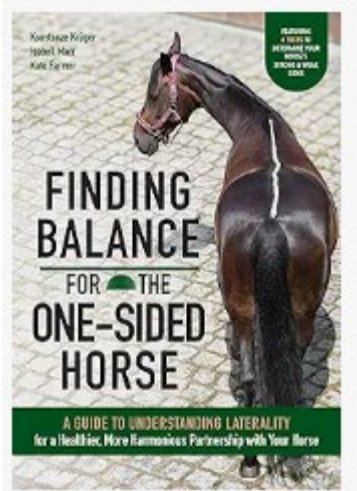
Two retired show ponies. One peaceful Virginia farm. Endless stories. Baxter and Windy were once the unbeatable stars of the show ring—glamorous, graceful, and adored. Now they're happily retired, a little shaggy, a little creaky, and full of opinions. Their favorite pastime? Entertaining a group of wide-eyed young colts and fillies with tales of their glory days.

Baxter is the humble hero; Windy is the unapologetic diva who never met shortcut she didn't like. Together, they recount sparkling ribbons, unforgettable riders, big wins, and even bigger flops. Told with humor, heart, and a dash of sass, Baxter Bay celebrates friendship, aging with grace, and the adventures that shape who we become—whether you're bay, gray, or somewhere in between.

Perfect for horse lovers, animal fans, and anyone who knows that being different might just be your greatest strength.

About the author: Cynthia Hankins is a lifelong horsewoman, trainer, and judge with decades of experience at every level of the sport. A celebrated contributor to major equestrian publications, she brings deep knowledge, warmth, and humor to her writing. She remains an active, trusted voice within the horse-show community.

About the illustrator: Kelly Wilkinson Coffin is a noted equestrian artist whose work captures the movement, personality, and heart of horses. Her illustrations appear in private collections and equestrian venues nationwide.



Cover TK

Print Quantity: 5,000

World English Only



Finding Balance for the One-Sided Horse

A Guide to Understanding Laterality for a Healthier, More Harmonious Partnership with Your Horse

Konstanze Krüger

Selling points:

- **Proven success with equine issue titles (55 Corrective Exercises for Horses sold 23,000+ copies)**
- **Full-color, accessible content for all skill levels**
- **Popular topic with strong online interest**

Discover how understanding body asymmetry, motor laterality, and sensory laterality can transform your horse's health and performance. Horses naturally favor one side—a trait that affects handling, groundwork, and riding. Recognizing and addressing this one-sidedness can deepen your connection and improve results across all disciplines.

Here, recent research is paired with practical, easy-to-follow advice. Inside, you'll learn:

- **Body Asymmetry:** What an uneven organ distribution and physical features influence movement.
- **Motor Laterality:** Why limb dexterity and strength differ between sides.
- **Sensory Laterality:** How horses use eyes, ears, and nostrils differently.
- **Brain Laterality:** How left and right hemispheres process information in specific situations.

With clear explanations, full-color photos, and actionable exercises, this book helps you test and understand laterality in daily handling, training, and riding—fostering a more balanced, harmonious partnership.

About the authors: **Konstanze Krüger** is a professor for equine management at the college of Nürtingen and a specialist for the social intelligence of horses. **Isabell Marr** wrote her doctoral thesis on laterality of horses in connection with the horses' well-being. **Kate Farmer** studied psychology in Scotland