



Wednesday December 19, 2018

Greetings!

Question

When you feel overwhelmed or unfocused, or have lost your focus temporarily, what do you do?

Answer

When I feel overwhelmed, and that is often, I have learned to:

1. Breathe with my diaphragm
2. Think circumstances through very carefully
3. Start down the list of what I believe to be the most appropriate solutions

Sincerely,

A handwritten signature in black ink, appearing to read 'Monty', with a large, sweeping flourish underneath.

**MONTY'S EQUUS ONLINE UNIVERSITY
THIS WEEK'S EPISODE**



In this online video series, Monty works with a horse that is afraid of spray bottles. Not a student yet? Click on the buttons below to Join-Up with thousands of horse lovers learning Monty's force-free, fun methods.



15% OFF FOR THE HOLIDAYS!

Here's your discount code: <https://montyrobertsshop.com/discount/SAVE15>



Looking for some great last minute gifts for the horse lovers in your life?

- Buy \$50 Gift Card, receive \$5 Bonus Gift Card
- Buy \$75 Gift Card, receive \$10 Bonus Gift Card
- Buy \$100 Gift Card, receive \$15 Bonus Gift Card

<https://montyrobertsshop.com/collections/packages/products/gift-card>

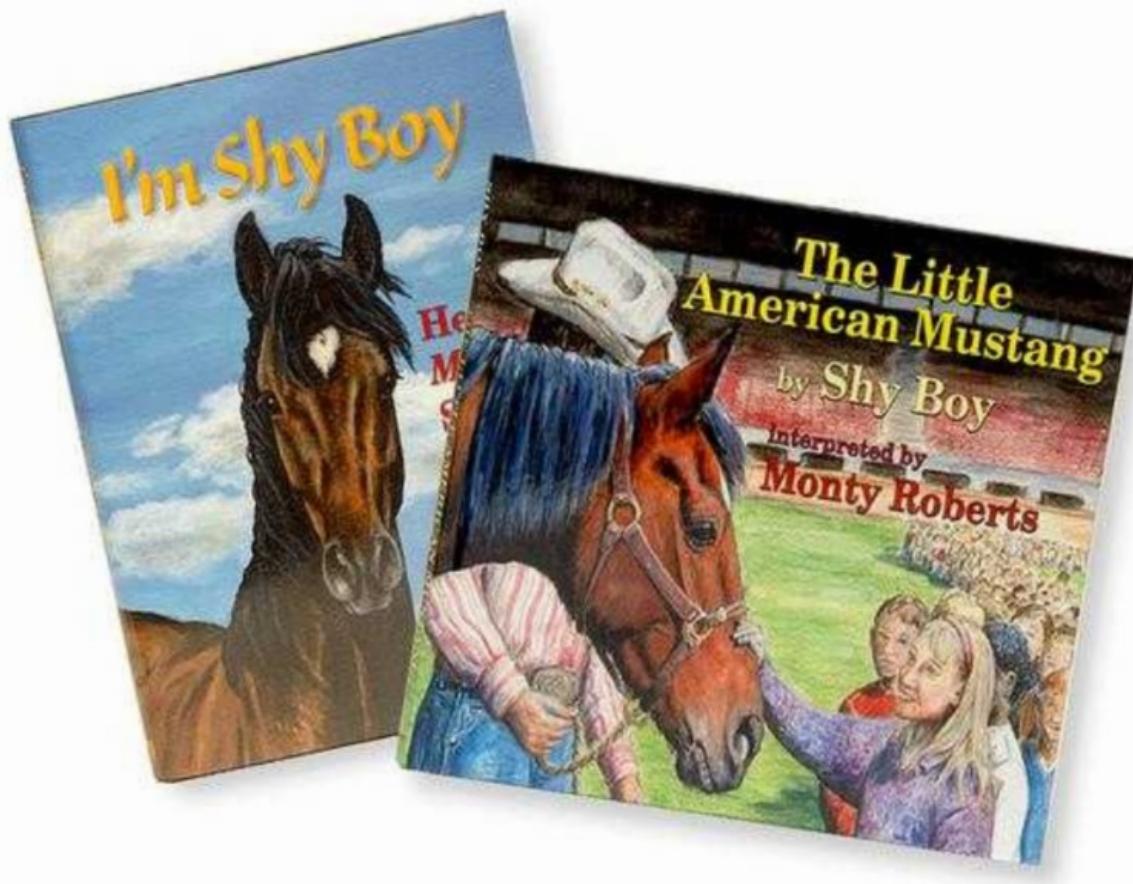
Monty's Equus Online University makes it easy to give Monty's lifetime of experience training horses. \$59.95 for 6 months:

<https://www.montyrobertsuniversity.com/giftpayments/new>

DECEMBER 20 IS THE PRIORITY SHIPPING CUTOFF DATE!

If you're shipping holiday gifts to the USA, the cut off date for gifts to arrive before Christmas is December 20 for First Class Mail Service and Priority Mail.

[VISIT MONTY'S ONLINE STORE](#)



MONTY'S BOOKS FOR CHILDREN AND YOUNG ADULTS

“The Little American Mustang What a wonderful book! I was attracted by the idea of hearing from the horse, as I knew only Monty Roberts could do, and after getting the book, I am so in love with the illustrations. Rare to find gorgeous horse books for kids nowadays! Thank you for this treasure.”

- Derian H.

“The children's version of Shy Boy has fabulously detailed with colored illustrations--a lot of visuals for both children and adults. Many thank yous, Monty Roberts and Family for your Philosophy of life and living and horses; sharing to make the world of horse and human a respectful, natural, peaceful and happy one. (many stars of 'buy the book' *****):-)

- Lorraine L.

[VISIT MONTY'S ONLINE STORE](#)

UPCOMING EVENTS

USA February 15 to 17, 2019: [Horse Sense and Healing](#), Flag Is Up Farms, Solvang, California

USA February 15 to 17, 2019: [CHA Equine Facility Management Certification](#)

NORWAY February 21 to 24, 2019: Monty Roberts at the [Norwegian Horse Festival](#)

GERMANY March 14, 2019: Monty Roberts Demonstration

at [Equitana in Essen, Germany](#)

USA

April 29 to 30, 2019: The Movement at Flag Is Up Farms, Solvang, California (coming soon)

[FULL SCHEDULE HERE](#)

THE MONTY ROBERTS INTERNATIONAL LEARNING CENTER

February 1 to 3, 2019: Introductory Course Module 1

February 8 to 10, 2019: Introductory Course Module 2

February 11 to 13, 2019: Long Lining Course

February 15 to 17, 2019: Horse Sense and Healing Workshop

February 19 to 21, 2019: Join-Up Course

February 22 to 24, 2019: Introductory Course Module 3

March 1 to 3, 2019: Prep for Introductory Exams Module 4

March 4 to 6, 2019: Join-Up Course

March 7 to 9, 2019: Long Lining Course

[MORE COURSE INFO HERE, CHECK OUT THE COURSES FOR 2019!](#)

THE MOVEMENT SYMPOSIUM



The Movement SAVE THE DATES April 29 to 30: <https://vimeo.com/ondemand/152412>

The Movement Online Video on Demand for \$90
<https://vimeo.com/ondemand/152412>
Runtime: 429 Minutes

The Movement DVD + Online Video on Demand for \$129 <https://montyrobortsshop.com/collections/dvd/products/events-the-movement-2018-symposium-dvd>

The Movement DVD + Online Video on Demand + 1 Hour of Coaching

from Monty for \$499

<https://montyrobertsshop.com/collections/dvd/products/dvd-digital-stream-coaching-with-monty-the-movement-2018-symposium>

This transformative two-day journey helped attendees discover the unique power of horses to find mindfulness, to learn and apply non-violent forms of communication and leadership and to help humans and horses live better lives.

In the arena, presenters and trainers shared their perspectives of the flight animal and how their vocations were changed when they were able to use horses as a metaphor for a better understanding of their work and relationships.

Monty Roberts was deeply impressed with this extraordinary group of presenters who will move you with their stories and lessons of horses transforming humans.



MONTY'S CHALLENGE

Test yourself each week as I challenge you to answer the question below. I mean this. Sit down and write an answer. Don't wait for my answer next week. If you have been reading my Weekly Questions and Answers for the last six months, you should be in a position to do this. Send your answer to my team at: askmonty@montyroberts.com

Why should you bother? Because it will help you focus. There is probably a comparable question in your life that needs answering... or will be. If you can gain insight into how to go about answering a practical question that is loosely related to your problem, this exercise will help you answer your nagging question. Then read my answer. I want all of my students to learn to be better trainers than me. That's good for you and good for horses!

~ Monty

NEXT WEEK'S QUESTION

Monty, I have a question: How does someone find a career in training horses and horses in general? I want to get into a career training and working with horses. So thought i ask you for some advice. Thanks Monty!

Elley Cat

HORSEMANSHIP RADIO



The United Mustangs of America on the power of community to change the world, one mustang at a time. And the Advance Course of Horsemanship, training both un-started and untouched horses.

[EPISODE 125 | LISTEN HERE](#)



[Join-Up International](#) | AskMonty@montyroberts.com | MontyRoberts.com

STAY CONNECTED

