

“ In her well researched book about biomechanics *It's Never Too Late*, Holly Mason takes a modern approach to teaching the importance of awareness within horse and rider. Proper alignment, leading to good balance and resulting in perfect harmony are the secrets of becoming a better rider and since the horse is always a mirror image of his rider it creates obedient, easy to ride partners. Isn't that what every rider is dreaming about? *Paying attention to details* as Xenophon 400 B.C. already suggested is introduced by Holly Mason in an exciting new way providing the reader with *fresh food for thought* and by following Holly's advice your horse will become a happy horse.” – *Karl Mikolka, Oberbereiter*

“ Holly has an artist's eye for harmonious movement developed through study with some of the modern masters of dressage. The reader will feel the tone of her lessons in the practical recommendations for improvement of the mechanics of horse and rider. She has a passion for the physics of movement of horse and rider and the subtleties of their interface. These concepts have helped me reveal the lovely collected horse that had previously been struggling to appear underneath me.” – *Elizabeth Birnie, DVM, MPVM*

“ Holly's techniques and exercises encourage those of us who desire to ride better to do just that, with the correct position and body awareness and visualization of the movement. It put the fun back into dressage for me.” – *Marcia Thomas, posted on Amazon.com*

“ While reading *It's Never Too Late*, I was challenged and learning, but never feeling the need for argument or disagreement...No compromise...It was wonderful to experience such like-mindedness while on a learning and developing journey.” – *Melissa Driscoll, Australia*

“ An honest and very personal history of her knowledge of horses, movement and how she acquired that knowledge. A great read.” – *John Sharkey, NMT, MS, Dublin, Ireland*

“ I've watched Holly's dedication and passion for biomechanics grow for over a decade, and she continues to study and learn. I told her many years ago that she was way ahead of her time. She has an understanding of biomechanics that is not often found in a trainer. *It's Never Too Late* is a wonderful overview of the biomechanics for horse and rider.”
– *Steve Katz, DC, equine and human chiropractor*