



lisa wysocky's success tips newsletter

THE NEWSLETTER FOR PERSONAL AND EQUESTRIAN SUCCESS

Idea of the Month:

"If I lose mine honor, I lose myself."
William Shakespeare

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Dear Lisa,

Welcome to our many new subscribers! Atevents over the past few months I have met somany people who want to improve theirlives both with and without horses. And if one thing stands out among the people I have spoken with recently, it is the fact thateach wants to act honestly and honorablytoward both their human and equine partners. Hereare a few ideas:

1. In every action you take, are you beingfair to the other party? If not, what can youdo to change that?
2. Do you take enough time on the frontend to observe or learn about a situationbefore you act?
3. If you do not get the response youseek, do you act in anger, or with firmness?

Those three simple ideas canpositively change yourattitude toward others, and other's attitude toward you.



Finding Time

Although I give many seminars each year ontime management, I recently found myself goingso many different directions that nothing wasgetting done. I knew I had to take stock ofmy activities and find a way to make time foreach of them. Between speaking, writing,touring, interviews for the new book, and mymany horse activities, I was wayoverstretched. In going back over my seminarnotes, I found a few ideas that might helpyou find more time for your horses or otherpassions:

1. Know exactly how longit actually takes to do something. Mostpeople vastly underestimate the time it takesto do daily tasks such as commuting to workor answering email.
2. Be realistic about how much you can accomplish every day. We arenot superheroes.
3. List three "must do" tasks every day anddo those first.
4. Divide the rest of your day equally amongall the other things that need to get done.If you only have half an hour to spend atthe barn, think of it as the half hour youdidn't have before you developed a plan formanaging your time.

Remember that if you do one thing aday toward your goals, then in a year's timeyou will have done 365 things towardachieving your dream.--From [SuccessWithin: How to Create the Greatest Moments ofYour Life](#)

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Fast Facts

A chameleon can move its eyes in two directions at the same time.

A human sneeze can exceed the speed of 100 mph.

All clams start out as males, but some clams decide to become female at some point in their lives.

Every gray Thoroughbred horse is a descendant of The Alcock Arabian.

Read on...

Your Horse and You



Impatience is an issue with many horses, but a lot of horse owners don't realize their horses are learning their impatience from them. Whenever you walk into the barn anxious, upset, or mad, you are passing your negative and impatient energy on to your horse. When you brush your horse in a hurry and do not correct him when he paws, you are teaching your horse the behavior is acceptable. Something when you get on your horse and don't correct her when she walks off. Soon you have a horse who doesn't stand still when being groomed or mounted.

Following are a few preventative and corrective tips:

1. Never become impatient with your horse. Also be sure to keep your body energy quiet.
2. When you correct your horse's impatience, do so firmly, patiently, consistently, repeatedly and quietly.
3. Whenever possible, give your horse an if/then choice. For example, when mounting, *if* your horse walks off before you ask him or her to do so, *then* quietly correct him, dismount and remount. Your horse can either choose to stand quietly, or walk off. *If* he walks off, *then* he will learn you'll quietly correct him, dismount and go through the process again. You may have to repeat this 20 or 30 or 50 times, but eventually your horse will choose to stand while you get on and will not walk off until you ask. --From [MyHorse, My Partner: Teamwork on the Ground](#)

Read on...

Thanks for Your Help!



It truly takes a village to support a book release. Thank you to all who have helped support Lisa, the new *Horse Country* book, and her other books. Thanks also to the hundreds of people who voted for Lisa for Small Business of the Year. We are still awaiting the results but will let you know next month. On an ongoing basis, we so appreciate you:

1. Stopping by lisawysocky.com. Informative/educational content added regularly.
2. Forwarding this newsletter to friends. Please do so by clicking the "Forward Email" link at the bottom left of this page.
3. Writing a review of Lisa's books on Amazon.com. Here are the direct links:
[MyHorse, My Partner book](#)
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[Success Within](#)

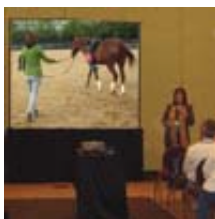
[HorseCountry](#)

4. Reviewing and rating Lisa's Electronic Press Kit and *My Horse, My Partner* video trailer on [YouTube](#).
5. [Viewing Lisa's Facebook page](#). If you are a member of Facebook, add Lisa as a Facebook friend.
6. Visiting [Lisa's blog](#). The latest entry is way too funny!

Thank you, thank you, thank you!

Read on...

NEW FEATURE: Ask Lisa



In the past few days I have had two emails regarding horses and acorns. Here's the scoop: Acorns are high in oil and protein, which can be a problem if a horse eats a lot of them. The horse's diet is largely made up of low protein, high roughage forages, which puts bulk into the stomach, along with bicarbonate that is generated by chewing the grassy forage. The bulk and bicarbonate buffer small amounts of unusual feed the horse might eat, like acorns. As acorns have a thin shell, they are easy for horses to chew. So in autumn some horses spend time under an oak tree waiting for acorns to fall. This can become an obsession for some horses, to the exclusion of other activities, such as grazing. Consequently, the horse eats a huge volume of acorns. When a horse's digestive tract is loaded with protein from the acorns, the intestine's response is to get rid of it. So, fluids rush to the intestine. The result can be a hyperactive bowel and a watery, loose stool. And, so much water is moved to the bowel that the rest of the horse's body can become dehydrated. This can lead to a life-threatening situation very quickly, so if you find your horse standing with his or her head down, breathing rapidly, and a watery stool, call your vet

immediately.

Here are a few preventative options:

1. Rake up the acorns once or twice a day.
2. Keep the horse away from the trees until the acorns are frozen a few times. This makes them more digestible and lowers the protein.
3. Be sure there is free choice hay to keep the bowel full of roughage and to buffer the acorns.

If you have a question you'd like to ask Lisa, email it to: lisainfo@comcast.net.

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Upcoming Events

Did you know: in addition to equine seminars Lisa does corporate, business and association keynote speeches, and workshops and staff retreats. Topics covered include time management, decision making, goal setting, personal and staff motivation, volunteer retention, team building, leadership, and diversity training.

On the equestrian front, bring Lisa into learn about horse evaluations, equine problem solving, saddle fitting, ground training, desensitization, show ring preparation, how horses think, horse/human partnerships and more.

To learn more, check out Lisa's Video PressKit in the [PressRoom](#). If you'd like to bring Lisa to your barn, office, NARHA or EGALA center, staff training, or annual event, please send an email to lisainfo@comcast.net.

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Front of the Class Movie December 7th!

Brad Cohen and Lisa Wysocky's book [Front of the Class: How Tourette Syndrome Made Me the Teacher I Never Had](#), about an elementary school teacher in Georgia with Tourette syndrome, will air as a Hallmark Hall of Fame movie December 7th on CBS! In 2006, *Front of the Class* won Best Education Book at both the IPPY and the Foreword book awards, and was seen on *Oprah*. Patricia Heaton and Treat Williams play key roles in the movie.

Brad's inspiring message is that "you can achieve all of your dreams, no matter what," so this movie will motivate your entire family. Additionally, a trade paperback version of [Front of the Class](#) will be published by St. Martin's Griffin on November 25th. Look for it in stores and online everywhere.

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Until next month . . . enjoy every moment,

Sincerely,

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