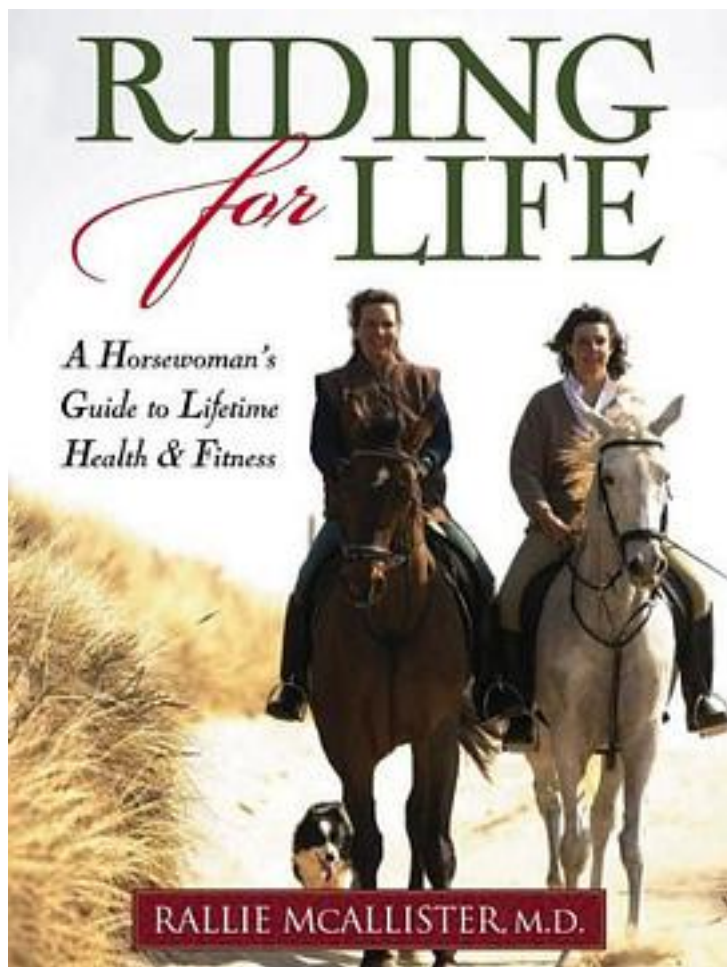


# Riding for Life



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著者:McAllister, Rallie

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Syndicated columnist and physician Rallie McAllister offers women riders the tools they need to get enjoyment through healthy lifestyle choices. An equestrian herself,

McAllister includes real-life examples of women who have overcome challenges, including physical and financial, to pursue their riding dreams. McAllister also includes the "Riding for Life Diet" and "Riding for Life Fitness Program" to help start women riders on their way to a happier and healthier way of life - both in and out of the saddle.

作者介绍:

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