

# The Tao Of Equus A Woman S Journey Of Healing Tra

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Giant Steps Barry Neil Kaufman 1987-11-12 "You'll Laugh, You'll Cry, But You'll Walk Away Cheering." Dr. Wayne W. Dyer Barry Neil Kaufman won national acclaim with *Son-Rise* and *To Love is to Be Happy With*. Now, he takes readers on an intimate journey through the challenges facing the young people with whom he has worked. Each Drama is Unique, All are Unforgettable: -- a young girl facing the decision to have an abortion or a baby... -- a sensitive adolescent learning to deal with a parent's death... -- the pilgrimage of parents whose child is locked behind an emotional barrier... -- the frustration of a bright child with an undiagnosed learning disability... -- the torment of a teenage girl troubled by her own blossoming sexuality... Here are the stories of young people at critical turning points in their lives. Here also is the story of the man who neither judges them nor censures them, but simply accepts them and, ultimately, helps them to make their own choices.

**The Sacred Path Beyond Trauma** Ellen Macfarland, Ph.D. 2008-06-03 One of Graham Greene's characters famously said, "I suffer, therefore I am," suggesting that pain is an inescapable, and perhaps incurable, part of the human condition. But must this be so? Ellen Macfarland argues otherwise in *The Sacred Beyond Trauma*. Through the use of mythology, stories from film and fiction, real-life examples, and her personal history, Macfarland shows that healing trauma is indeed possible, using rich resources near at hand, in nature. The book explores major symbols of healing nature that can provide an impetus for personal transformation. One of the case studies profiles Monty Roberts, a well-known horse trainer who overcame significant childhood abuse by working with horses and eventually fostering some forty children alongside his own biological family. The key, says Macfarland, is using these and other natural symbols such as yin yang to balance the tension between trauma and numinosity (sacredness, transcendence), resulting in the creation of a new way of being in the world. Understanding this and the book's other nature-based symbols can turn the distressed mind into a fertile field of spiritual awareness,

empowerment, and lifelong growth.

**The Clinical Practice of Equine-Assisted Therapy** Leif Hallberg 2017-12-06 The Clinical Practice of Equine-Assisted Therapy bridges theory, research, and practical methods to fill a rapidly developing gap for physical, occupational, speech, and mental health professionals interested in incorporating horses in therapy. Extensively researched and citing over 300 peer-reviewed journal articles, it examines core issues such as terminology, scope of practice, competency recommendations, horse care ethics, and clinical practice considerations. This book is an essential resource for professionals who wish to use a best-practices approach to equine-assisted therapy.

**My Horses, My Healers** Shelley R. Rosenberg 2006-10-06 My Horses, My Healers begins as a childhood drama of sexual abuse in the life of the author, and through the healing power of interacting with horses, Shelley Rosenberg transforms her experience into a protocol for self-healing through the willingness to be with the horse. For riders of all ages, for anyone who has experienced alienation from their own human kind in their days, for anyone who loves horses—this book resonates with the good that can come from watching horses and humans interact and teach one another about the language of direct communication, feelings, and healing through truthful speaking of our emotions.

**Connecting with Horses** Margrit Coates 2012-04-24 Margrit Coates is internationally acclaimed for her work as an animal healer and communicator, and is the author of Healing with Horses and Horses Talking. Now, for the first time, she explains how horses can offer healing and guidance to us, the people in their lives. Connecting with Horses explores the key lessons that we can learn from these magnificent animals. When we really understand how to interact with horses and how to interpret their roles in our lives, we will learn how to improve our relationships with others and much more. This extraordinary book draws upon powerful true stories and practical experience to explore themes and offer profound insights ranging from creativity through to potential and success. As you will discover, even your own horse or pony is an incredible animal that has much to teach you...

**Equine-Assisted Counseling and Psychotherapy** Hallie E. Sheade 2020-08-10 Equine-Assisted Counseling and Psychotherapy offers a comprehensive guide to the practice of working with equines in a psychotherapeutic setting. Chapters provide a research-informed approach to integrating the contributions of horses and other equines into mental health services. With a focus on equine welfare, the book uses a relational approach to explore a broad range of topics, including documentation and treatment planning, work with clients across the lifespan and with diverse needs, complexities related to horses in the therapeutic relationship, as well as ethical, legal, and best-practice considerations. Mental health and equine professionals will come away from the book with a strong understanding of both the theoretical and practical aspects of equine-assisted counseling.

American Icons Dennis Hall 2006

The Bewitched History Book - 50th Anniversary Edition David L. Pierce  
2016-11-25 For over fifty years, the beloved 1960s sitcom Bewitched has been enchanting television audiences. Created at a turbulent time in American history, Bewitched offered a brief respite from the worries of the day. The Bewitched History Book ties in the events of the times with each episode and breaks down each episode in depth. Within these pages you will learn everything about America's favorite witch, Samantha Stephens, her dreary mortal husband, Durwood-er-Darrin, and the grand host of witches, warlocks, and marvelous mortals who accompanied them on their journey as television's most unique couple. Rare trivia and photos accompany the episodes, as you learn which witch went which way along with what mortal madness materialized in the swinging 1960s of suburbia! David Pierce is considered to be the Bewitched Historian from his posts at [www.harpiesbizarre.com](http://www.harpiesbizarre.com) and [www.facebook.com/bewitchedhistorybook](http://www.facebook.com/bewitchedhistorybook). He is a brokerage case manager for disability insurance. This is his first book.

**There Is No Time Like The Present To Create Your Future** Chineme Noke 2012-03-01  
Chineme Noke helps people to overcome the very real problems they face which can overwhelm and rob them of their well-being and future happiness. She does this by dealing effectively with what she refers to as the mountains and molehills that we all encounter in our daily lives. She formulated these seven action steps in order that anybody can take charge of their present to create for themselves a better future. They are action steps that will change your attitude and, ultimately, your life. As a woman working in a male-dominated corporate world for over 20 years, Chineme realised early on that it was essential for her to be able to deal effectively with the ongoing challenges and opportunities with which her rapid career progression inevitably presented. Her daughter has learning difficulties and Chineme's past experiences served her well in dealing with the challenges and opportunities that her daughter faced within the educational system.

The Five Roles of a Master Herder Linda Kohanov 2017-11-03 Includes Assessment Tool for Analyzing Your Leadership Style and Becoming a Better Leader In The Five Roles of a Master Herder, Linda Kohanov adapts horse-inspired insights into powerful tools for developing collaborative leadership and managing change. Over thousands of years, Kohanov writes, "master herders" of nomadic herding cultures developed a multi-faceted, socially intelligent form of leadership combining the five roles of Dominant, Leader, Sentinel, Nurturer / Companion, and Predator. The fluid interplay of these roles allowed interspecies communities to move across vast landscapes, dealing with predators and changing climates, protecting and nurturing the herd while keeping massive, gregarious, often aggressive animals together – without the benefit of fences and with very little reliance on restraints. She includes an innovative assessment tool to help you determine which roles you currently overemphasize and which roles you may be ignoring – or even actively avoiding. Through this powerful and surprising book, Kohanov will show you how to recognize,

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cultivate, and utilize all five roles in the modern tribes of your workplace, family, and other social organizations.

*The Tao Of Horses* Elizabeth Kaye McCall 2004-09-10 The Tao of Horses is a unique work that shows how these magnificent animals can serve as guides and mentors, transforming the lives of those who admire and love them. The author, an experienced journalist and horsewoman, brings to light observations and life lessons that are inspiring, thought-provoking and revelatory. Features reflections from such notable horse enthusiasts and professionals as: Jockey Julie Krone, the first woman in Thoroughbred Racing's Hall of Fame; Michael McMeel, who founded and directs a horse-orientated program for at-risk youth; Jockey Gary Stevens, who played George Woolf in the movie Seabiscuit; Gleaming with affection and reverence, this book is the perfect gift for horse riders and aficionados of all ages.

*Dancing with Your Dark Horse* Chris Irwin 2005 The author of *Horses Don't Lie* offers a stirring account of the spiritual bond connecting humans and equines, showing how people can learn to live more fulfilling lives by interacting with horses. Original.

*Riding Between the Worlds* Linda Kohanov 2010-10-05 In this powerful follow-up to her groundbreaking work *The Tao of Equus*, Linda Kohanov introduces provocative new theories about the human-horse connection, theories supported by in-depth experience. "Horses," she maintains, "model an embodied spirituality, one that is both fully present in this world and deeply connected to the soul's divine origins." Kohanov explores how these animals support us on both levels, leading us to unexpected realizations about fear, intuition, awareness, empowerment, and above all, authenticity.

**Embodied Relating and Transformation** Hillary Sharpe 2015-10-30 "What kinds of embodied and relational learning can come from developing a responsive relationship with a horse? What insights might such ways of learning offer counselors and educators? In this book, the authors explore how women challenged by disordered eating develop transformative relational and embodied experiences through Equine-Facilitated Counseling (EFC). Embodiment refers to how we engage with others and the world in often habitual and taken for granted ways that shape who we are and the relationships we have. These habitual ways of being provide us with a sense of stability, but they can sometimes become constraining and problematic (as in the case of eating disorders). Our corporeal engagement with the world structures such habits, but it can also afford us opportunities to experiment, modify, and challenge problematic patterns, and in some instances, create new and preferred ones. The horses that participate in EFC present a vastly different sort of other who can help clients interrupt their sedimented ways of being and foster moments of responsibility that hold the power to become transformative. This theoretical context presents a different way of thinking about and practicing counseling – one that adds to a growing language of embodiment across a variety of disciplines. Chapters set forth a theoretical context for understanding the

following: relationally embodied processes of stability and change, EFC, client stories from our research associated with riding horses in EFC, and implications we see for practice across different healing and learning contexts. "

Saddled Susan Richards 2010-05-04 The New York Times bestselling author of Chosen by a Horse explains how caring for an animal taught her to care for herself. One day, at the age of thirty-one, Susan Richards realized that she was an alcoholic. She wrote it down in her journal, struck by the fact that it had taken nine years of waking up hung-over to name her illness. What had changed? Susan had a new horse, a spirited Morgan named Georgia, and, as she says: "It had something to do with Georgia. It had something to do with making a commitment as enormous as caring for a horse that might live as my companion for the next forty years. It had something to do with love." Every day begins with a morning ride. Every day Susan lives a little more and thinks about her mistakes a little less. Every day she learns a little more from Georgia, the kind of horse who doesn't go in for indecision, who doesn't apologize for her opinions, and who isn't afraid to be herself. In Georgia, Susan finds something to draw her back to herself, but also something to keep her steady and focused, to teach her about stepping carefully in unknown territory, to help her learn again about balance. This is a memoir about the power of animals to carry us through the toughest times of our lives—about the importance of constancy, the beauty of quiet, steadfast love, the way loving a good (and sometimes bad!) animal can keep you going. It's a wonderful story for Susan's (and Georgia's) fans, and for anyone who has ever loved an animal enough to keep on living.

Christa's Luck Michael Norman Grais 2015-06-15 Inspired by a real horse rescue, Christa's Luck is a teen fiction novel about Christa's love for an endangered herd of wild horses and how her special connection with them inspires her to look beyond her own unforgivable mistakes and try again. She rises up to become a horse advocate at fourteen, whose passion and heart move an entire town to take action. In the vein of The Horse Whisperer and the Black Stallion, Christa's Luck is an epic adventure story of courage, friendship and freedom.

Aikido Off the Mat Kathy Park 2018-08-07 A deeply personal and compelling memoir that illustrates how the basic principles of Aikido can help us cope with the challenges of life outside the dojo Drawing from more than forty years of experience as an Aikido practitioner and teacher, Kathy Park explains how principles such as embodiment, grounding, centering, extension, 360-degree awareness, blending, and alignment can be applied to everyday life. Candid stories from her own life show how the purpose of practicing Aikido on the mat is to take it off the mat and into the world.

Horse Crazy Sarah Maslin Nir 2021-08-03 There are over seven million horses in America -- even more than when they were the only means of transportation. Nir began riding horses when she was just two years old and hasn't stopped since. This is her funny, moving love letter to these graceful animals and the people who are obsessed with them. She takes us into the lesser-known corners of the

riding world and profiles some of its most captivating figures, and speaks candidly of how horses have helped her overcome heartbreak and loss.

**Zen Mind, Zen Horse** Allan J. Hamilton 2011-09-10 "Far more than a book about how to care for a horse, though it stands out as one of the best on the subject . . . beautiful" (Susan Richards, author of *Chosen by a Horse*). This unique guide to horsemanship incorporates Eastern philosophy to describe how horses understand and respond to the flow of vital energy around them, and how they use this energy, called chi, to communicate with their herd, express dominance, and sense predators. Written by the award-winning author of *The Scalpel and the Soul*, and including forewords by Monty Roberts and Dr. Robert Miller, *Zen Mind, Zen Horse* shares safe, simple techniques to make you more receptive to your animal's chi, so you can develop a calm and effective training style that will not only help your horse follow commands, but strengthen the spiritual bond between horse and rider.

**Horse People** Michael Korda 2009-03-17 Bestselling author Michael Korda's *Horse People* is the story -- sometimes hilariously funny, sometimes sad and moving, always shrewdly observed -- of a lifetime love affair with horses, and of the bonds that have linked humans with horses for more than ten thousand years. It is filled with intimate portraits of the kind of people, rich or poor, Eastern or Western, famous or humble, whose lives continue to revolve around the horse. Korda is a terrific storyteller, and his book is intensely personal and seductive, a joy for everyone who loves horses. Even those who have never ridden will be happy to saddle up and follow him through the world of horses, horse people, and the riding life.

*The Compassionate Equestrian* Allen M Schoen 2015-05-29 This marvelous book, borne of a unique collaboration between Dr Allen Schoen - a world-renowned veterinarian and author - and trainer and competitor of many years, Susan Gordon, introduces the 25 principles of compassionate equitation. These principles, conceived by Schoen and Gordon, are a set of developmental guidelines, encouraging a level of personal awareness that may be enacted not only through the reader's engagement with horses, but can be extended to all humans and sentient beings he or she encounters. The 25 Principles share stories and outline studies that identify and support methods of training, handling, and caring for horses that constitute a safe, healthy, non-stressful, and pain-free environment. Through their *Compassionate Equestrian* programme, the authors encourage all involved in the horse industry, worldwide, to approach training and handling with compassion and a willingness to alleviate suffering. These simple changes, that any horse person can make, can have a vast impact on the horse industry and society as a whole.

**Naked Liberty** Carolyn Resnick 2005 *NAKED LIBERTY* is a captivating memoir of Carolyn Resnick's detailed account of how she gained a magnetic connection with horses. Carolyn reveals her struggle to be accepted into a herd of wild horses, beginning at the bottom of the pecking order, working to gain higher rank and ultimately riding on the back of a lead mare from a bonded trust. This book

goes beyond "horse whispering" and will inspire readers to seek a higher level of communication with their horses. "I learned that dominant horses must fight for their position and lead horses do not. From these waterhole rituals I discovered the secret society of wild horses, and that the spirit of the bond has its own language," says Carolyn.

**Grace, Grit and Gratitude** Tara Coyote 2021-08-12 To the outside eye, it looked like Tara Coyote was living the perfect life in the suburbs with her musician husband, successful Pilates studio and Brady Bunch type family. What the outside world didn't see was the pivotal event that turned her life upside down. Grace, Grit and Gratitude is one woman's story of a profound bond with horses that carried her through nine years of pain, trauma, cancer and the challenges of loss. It is about finding the courage to face one's shadow in the darkest hour. Learn how the ancient principles of death and rebirth from the Mesopotamian Goddess, Inanna, has saved more than just one life. Follow one woman's spiritual journey of pain, perseverance and discovery with the unexpected power of her horses and ancient teachings as her guide. A portion of the sale of each book will be donated to The Wild Beauty Foundation, an organization that works to raise awareness for the wild horses of North America. As Tara's mustang, Comanche has had a profound impact upon her life, she is passionate about supporting this important cause! The Wild Beauty Foundation is a nonprofit organization dedicated to illuminating key issues wild and domestic horses are facing today, while also bringing the incredible, therapeutic world of horses to children and families. Founded by filmmakers Ashley Avis and Edward Winters, WBF seeks to raise awareness through film, education, and adoption. For more info & for how you can get involved, please visit: <https://wildbeautyfoundation.org/> Tara Coyote is the founder of Wind Horse Sanctuary, a certified Eponaquest 'Equine Facilitated Learning' instructor, life coach, workshop leader, writer and dancer. You will find her happily scooping horse manure on Kaua'i, Hawaii!

The Power of the Herd Linda Kohanov 2015-07-20 Linda Kohanov is beloved for her groundbreaking articulation of "the way of the horse," an experiential wisdom known to riders for centuries but little studied or adapted to off-horse use. Now Kohanov takes those horse-inspired insights on the nonverbal elements of exceptional communication and leadership into the realms of our workplaces and relationships. Here we explore the benefits of "nonpredatory power" in developing assertiveness, fostering creativity, dealing with conflict, and heightening mind-body awareness. In "A Brief History of Power," the first part of this far-reaching book, Kohanov profiles cultural innovators who employed extraordinary nonverbal leadership skills to change history, usually on horseback: Winston Churchill, George Washington, Alexander the Great, and Siddhartha Gautama (the Buddha), among others. She also draws on the behavior of mature horse herds, as well as the herding cultures of Africa and Mongolia, to debunk theories of dominance hierarchies, challenge ingrained notions of "survival of the fittest," and demonstrate the power of a consensual leadership in which governing roles are fluid. Kohanov then adapts these lessons into twelve powerful guiding principles we can all incorporate into our work and

personal lives. Eloquent and provocative, this is horse sense for everyone who seeks to thrive in the herds we all run in – our communities, careers, families, and friendships.

Inside the Divine Pattern Anthony Douglas Williams 2007-12-01

**Black Beauty Coloring Book** Anna Sewell 1996-09-01 Suspenseful, moving account of a horse's experiences at the hands of many different owners, retold in large type, and illustrated with 35 ready-to-color scenes.

The Tao of Equus Linda Kohanov 2010-10-06 Do horses make choices? How do they seem to know what people are thinking and feeling? Are horses spiritual beings with a destiny all their own? If so, how is this destiny connected with humanity's future? How does the equine mind compare with the human mind? What do horses have to teach people? And why are women so attracted to horses? These are some of the questions writer and equine therapist Linda Kohanov explores in her extraordinary book *The Tao of Equus*. In it she intertwines the story of the spiritual awakening she experienced with her black mare Rasa with compelling neurological research, cultural history, mythology, and first-hand anecdotes from years of teaching and facilitating equine therapy. She delves into the mental and spiritual processes behind the magical connections people, and women in particular, often experience with horses. She skillfully describes the subtle behavioral nuances horses express and perceive – what she calls the "wisdom of the prey" – as well as a feminine wisdom found in her powerful interactions with horses, bringing to the page subtleties that women riders have intuited for centuries. Blending her extraordinary experience – what some would consider paranormal – with a wide-ranging survey of the phenomena of horse-human communication, Kohanov delivers a ground-breaking work sure to interest both longtime riders and readers interested in the leading edge of animal perception and animal-human communication.

*Riding Through Thick and Thin* Melinda Folse 2016-03-01 Many if not most women have been locked in a battle with their bodies for as long as they can remember. And when it comes to riding horses, they drag their arsenal of self-doubt with them every time they step into the saddle. Some quit riding completely. Others ride, but are frustrated by their lack of progress as riders or what they see as poor performance. They succumb to silent self-torment as they wonder how they look, what others think, and whether they have any business on the back of a horse if their jeans feel a little too tight. Regardless of seat size, riding discipline, or the degree – or even truth – of the body issues with which they struggle, the scars on female self-image in our society run deep and wide. So with the humor and big-sisterly swagger that readers and reviewers have come to love, Melinda Folse, author of bestseller *The Smart Woman's Guide to Midlife Horses*, has decided to step in with a delightful, insightful, fulfilling new book. *Riding Through Thick and Thin* delves to the bottom of the issues that have long held women hostage, bringing together experts, research, resources, and stories to encourage, inspire, and empower. Readers will find some answers that may surprise them: Believe it or

not, this is not about losing weight or getting fit (although if that's a point of interest, there's a section packed with helpful tools and ideas). This book is more about what's going on in every woman's mind – and it taps new findings in neuroscience to reveal that permanent change to deeply ingrained body image issues is not only possible, but it may be much easier than we think.

Falling for Eli Nancy Shulins 2012-04-24 Traces how the author, an Associated Press special correspondent who has been nominated twice for a Pulitzer Prize, endured heartbreaking infertility treatments before finding healing and wholeness through the consuming love of a cantankerous Thoroughbred. Original.

**Zen and Horses** Ingrid Soren 2002 Explores the spiritual side of horsemanship, drawing on the principles of Zen and twenty-five personal anecdotes to offer an inspiring look at how horseback riding can provide a valuable step on one's spiritual journey. 20,000 first printing.

*Communication With All Life* Joan Ranquet 2007-11-01 Although *Communication with All Life* is about animal communication, it isn't just a how-to book, but a guide that will help you discern how much you're already exchanging feelings, words, and pictures with your pet. Woven throughout the book are many stories to illustrate and support the theory that animal communication isn't something that you do or need to learn . . . it just is. By tuning in telepathically, Joan Ranquet has helped thousands of people and animals deepen their connections with each other, resolve behavioral problems, assist in the process of death and dying, and examine issues surrounding illness and accidents. Many of the situations that are dealt with throughout the book are actually people –perception problems rather than stories of an ill-behaved dog, cat, horse, bird, or other pet. *Communication with All Life* illustrates how to move past the emotional patterns that create unwanted behavior and ultimately demonstrates that animal companions give humans the opportunity to enact leadership and responsibility in their thoughts and feelings to ensure harmony at home.

**Horse, Follow Closely** Gawani Pony Boy 2012-07-24 The bible of North American Horsemanship, *Horse, Follow Closely* is GaWaNi Pony Boy's signature title about the relationship training methods that are steeped in common sense and the age-old wisdom of his Native American ancestors. Of mixed blood Tsa-la-gi, GaWaNi Pony Boy was able to conceive his philosophy and compile the methods of relationship training while touring the United States with a Native American drum band and consulting the Tribal Elders from many different nations and backgrounds. The methods and beliefs of relationship training come directly from the first great horsemen of North America. "Horse and rider are one. There is a relationship of trust, harmony, and respect born of a way of life that is all but lost." The stunning full-color photographs by Gabrielle Boiselle capture Pony Boy's serenity and unity with his close horse companions. The author's simple eloquence forges a deep, profound relationship with his readers that few books ever hope to achieve. As Pony Boy writes in the introduction, "For many [the Native American horseman] represents the ultimate

rider. The essence of a horseman, both his skill and intuition, goes beyond the hours he spends in the saddle;.the folklore of every Native tribe are stories, tales, and beliefs to exemplify human's relations to other animals." The book begins with an analysis of how horses came to live with the Natives of North America and horses' impact on Native life. The crux of relationship training, according to the author, is to understand "what it means to be a horse, react like a horse, and relate to other things like a horse;." Native Americans were able to create such strong relationship with horses in a short time because they understood that "a horse is a horse." Learning to balance the relationship between horse and human is the missing link to becoming a masterful horseman or horsewoman. The book describes not only the techniques involved for relationship training but also the belief system and attitude that must be applied to all methods of horsemanship.In addition to presenting the methods and philosophy of relationship training, Horse, Follow Closely also includes many stories and legends of Native Americans and their horses, all of which teach the reader something new about himself and his relationship with his horse.

The Soul of a Horse Joe Camp 2009-04-28 A heartwarming story of a couple and their horse exploring what caring for a horse can teach us about companionship—whether it's with a four-legged friend or a fellow human. A surprise birthday gift plunged Joe and his wife, Kathleen, into the world of horses as complete neophytes without a clue as to what a horse needed or wanted. They searched for logic and sense in the rule books of traditional horse care. What they found was not what they had expected. Written for everyone who has ever loved a horse or ever loved the idea of loving a horse, this memoir leads us on a voyage of discovery as Joe and Kathleen navigate uncharted territory on their way to achieving a true relationship with their horses. Joe Camp's inspiring book unlocks the mystery of a majestic creature who has survived on earth, without assistance, for fifty-five million years and teaches us that the lessons he learned apply not only to horses but also to our relationships with people.

**Hope . . . From the Heart of Horses** Kathy Pike 2009-04-22 Explores the bond between horses and people, including trusting instincts, addressing emotions, and releasing negativity, in an account that describes the author's relationship with an abused horse.

Hold Your Horses Bonnie Timmons 2003-01-01 Written and illustrated by Timmons, the award-winning artist from NBCUs "Caroline in the City, Hold Your Horses" is full of irresistible pleasure and unexpected horse sense. Full color.

Horses Talking Margrit Coates 2012-05-31 Following the success of 'Healing for Horses', in this book, Margrit Coates explains how readers can learn to interact with equines on a deep level. She gives practical advice on how to tune into your horse and understand what he or she is trying to communicate to you about wellbeing. You will discover how to sense what your horse is feeling and when it is healthy or suffering. You will also learn how to exchange

healing messages, soul to soul, with your horse in order to improve their health and yours, and to strengthen the bond between you. Included are many fascinating case histories of horses and those who care for them, showing how they have mutually benefited by learning to open channels of communication. Intended for every horse owner, rider and handler - and the many thousands of people around the world who work with horses including vets, complementary therapists, grooms, stable hands, trainers, instructors and breeders. This book is for anyone who loves horses.

*If Women Rose Rooted* Sharon Blackie 2016-03-19 A life-changing journey from the wasteland of modern society to a place of nourishment and connection. Fifth anniversary edition, with new afterword for 2021. 'Mind-blowing. An anthem for all we could be . . . I sincerely hope every woman who can read has the time and space to read it.' Manda Scott, author of *Boudica* and *A Treachery of Spies* 'This is the core of our task: to respect and revere ourselves, and so bring about a world in which women are respected and revered, recognised once again as holding the life-giving power of the earth itself.' *If Women Rose Rooted* has been described as both transformative and essential. Sharon Blackie leads the reader on a quest to find their place in the world, drawing inspiration from the wise and powerful women in native mythology, and guidance from contemporary role models who have re-rooted themselves in land and community and taken responsibility for shaping the future. Beautifully written, honest and moving, *If Women Rose Rooted* is a passionate song to a different kind of femininity, a rallying, feminist cry for the rewilding of womanhood; reclaiming our role as guardians of the land. 'Powerful and inspiring.' Melissa Harrison, author of *All Among the Barley*

**Handbook on Animal-Assisted Therapy** Aubrey H. Fine 2011-04-28 The original edition was the first book to provide a comprehensive overview of the ways in which animals can assist therapists with treatment of specific populations, and/or in specific settings. The second edition continues in this vein, with 7 new chapters plus substantial revisions of continuing chapters as the research in this field has grown. New coverage includes: Animals as social supports, Use of AAT with Special Needs students, the role of animals in the family- insights for clinicians, and measuring the animal-person bond. \*Contributions from veterinarians, animal trainers, psychologists, and social workers \*Includes guidelines and best practices for using animals as therapeutic companions \*Addresses specific types of patients and environmental situations

*Equine-Assisted Psychotherapy and Coaching* Andreas Liefoghe 2019-08-29 Based on over a decade of sustained longitudinal research with a broad range of different user groups, *Equine-Assisted Psychotherapy and Coaching: An Evidence-Based Framework* is an essential guide which offers both theoretical foundations and practical models for working with horses in psychotherapy and coaching. While not a panacea for distress and difficulties, the connections that humans find with horses can become a catalyst for deeper self-knowledge. By de-centring the human subject and placing the horse in the middle of the investigation, the ways in which humans make sense of themselves can be

explored and more easily understood. Drawing on this wide spectrum of different client groups, the book features intervention studies with expelled teenagers, adults in addiction recovery programmes, children diagnosed on the autistic spectrum, people suffering from trauma and mental health problems, prisoners and even multi-national corporations wanting culture change. The practice of using horses in a psychological intervention is thoroughly scrutinised throughout, with ways of establishing successful change documented and assessed. Liefoghe's analysis of these studies builds up to provide a comprehensive, evidence-based framework for equine-assisted psychotherapy and coaching. This essential book offers psychotherapists, coaches and all those who work in a helping capacity a clear insight into what horses can and cannot do in a therapeutic role.

**The Science of the Sacraments** Charles Webster Leadbeater 1920 One of the (very) few books to deal with the inner aspect of church ritual, Leadbeater's opus has become an esoteric classic.