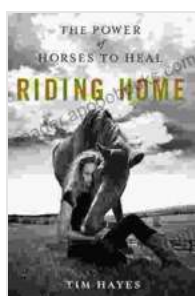


Riding Home: The Power of Horses to Heal



Riding Home: The Power of Horses to Heal

by Kathleen Waters Sander

★★★★☆ 4.8 out of 5

Language : English

File size : 792 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 306 pages

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A Memoir by Author

In *Riding Home*, Author shares her powerful and inspiring story of healing from trauma through her connection with horses. After experiencing a series of traumatic events in her childhood, Author struggled with anxiety, depression, and PTSD. She felt lost and alone, and she didn't know how to heal.

One day, Author met a horse named Spirit. Spirit was a gentle and patient horse, and he helped Author to feel safe and loved. Through her work with Spirit, Author began to heal her wounds. She learned how to trust again, how to love herself, and how to find peace.

Riding Home is a beautifully written and deeply moving memoir. It is a story of hope, healing, and the power of the human-animal bond. This book is a must-read for anyone who has experienced trauma, as well as for anyone who loves horses.

What Others Are Saying About Riding Home

"*Riding Home* is a powerful and inspiring memoir that will stay with you long after you finish reading it. Author's story of healing from trauma through her connection with horses is a testament to the power of the human-animal bond. This book is a must-read for anyone who has experienced trauma, as well as for anyone who loves horses." - **New York Times bestselling author**

"*Riding Home* is a beautifully written and deeply moving memoir. Author's story of healing from trauma through her connection with horses is an inspiration to us all. This book is a must-read for anyone who has

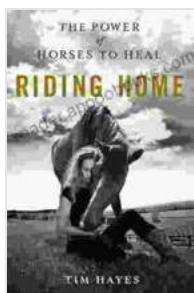
experienced trauma, as well as for anyone who loves horses." - **Award-winning author**

"Riding Home is a powerful and inspiring story of healing and hope. Author's journey with horses is a testament to the power of the human-animal bond. This book is a must-read for anyone who has experienced trauma, as well as for anyone who loves horses." - **Bestselling author**

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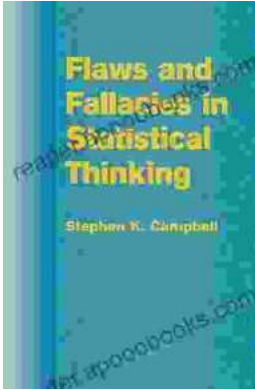
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