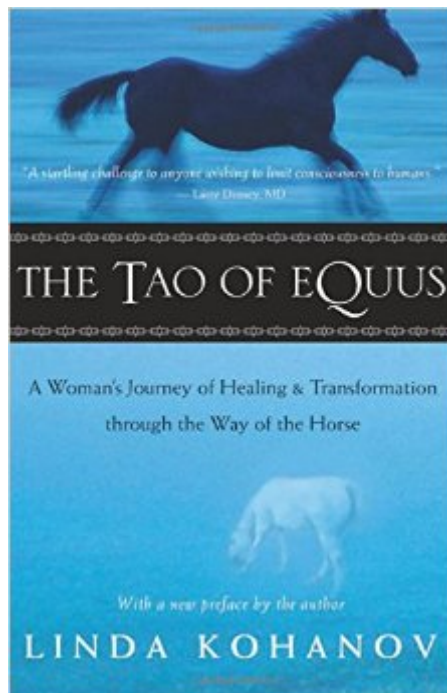


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# The Tao Of Equus: A Woman's Journey Of Healing And Transformation Through The Way Of The Horse



## Synopsis

In *The Tao of Equus*, author Linda Kohanov intertwines the story of how she awakened to the spiritual presence of horses with compelling mythology, research, and personal anecdotes. The result is an extraordinary story of healing and communication that turns our conventional understanding of these amazing creatures upside down. A horse trainer and equine-facilitated therapy practitioner, Kohanov first began exploring the horse human connection in the early 1990s. When her black mare, Rasa, became lame, Kohanov was plagued by a series of sinister dreams and premonitions. Finally, prompted by her dreams, she canceled a risky surgery to save Rasa's potential career in competitive riding. To relate to the injured horse outside conventional equestrian pursuits, Kohanov immersed herself in the day-to-day activities of the herd. In the process, she discovered that horses are intensely emotional, intuitive, intelligent beings. They are true reflections of our deepest souls. Over time, she discovered their extraordinary ability to awaken intuition in humans, while mirroring the authentic feelings people try to hide, makes these animals powerful therapeutic teachers.

## Book Information

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## Customer Reviews

When I found this book, I was researching how to overcome fears of riding and falling. I am a novice rider and first-year horse owner who was, at the time, just recovering from my first major horse-related accident. We were out on the trail, trotting along, and my horse spooked while I was on the upbeat of the post, ejecting me quite thoroughly. A sprained back grounded me for 6 weeks and left me unexpectedly panic-stricken when I tried to ride again. My horse sensed both my fear

and mistrust and responded by losing trust in me and becoming increasingly difficult and frightening to handle. Since I didn't want to sell my beloved horse or give up riding out of fear, and because I couldn't locate a trainer specializing in fear issues in my area, I headed to the bookstore for a solution. I didn't find the book I was looking for--but I found the book that I needed. This is one of the most fascinating books I've ever read. Although the subject matter doesn't deal specifically with fears caused by falls, I've found instead a much deeper answer to the myriad of problems with which my horse and I have been dealing. I discovered the root of our problems when I read Linda's description of "emotional incongruity"--when human body language and behavior appear (to the horse) to be out of sync (incongruent) with their inner feelings. I'd been hiding my overwhelming fears behind a false bravado, which unsettled my horse to the point that he no longer felt comfortable cooperating with me. After I read this, I stopped trying to "win" the endless battles and began applying the concepts I was learning from Linda's book to our relationship, with wonderful results. Without resorting to bizarre "training methods" or programs, my horse and I have simply reinvented our method of communicating.

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