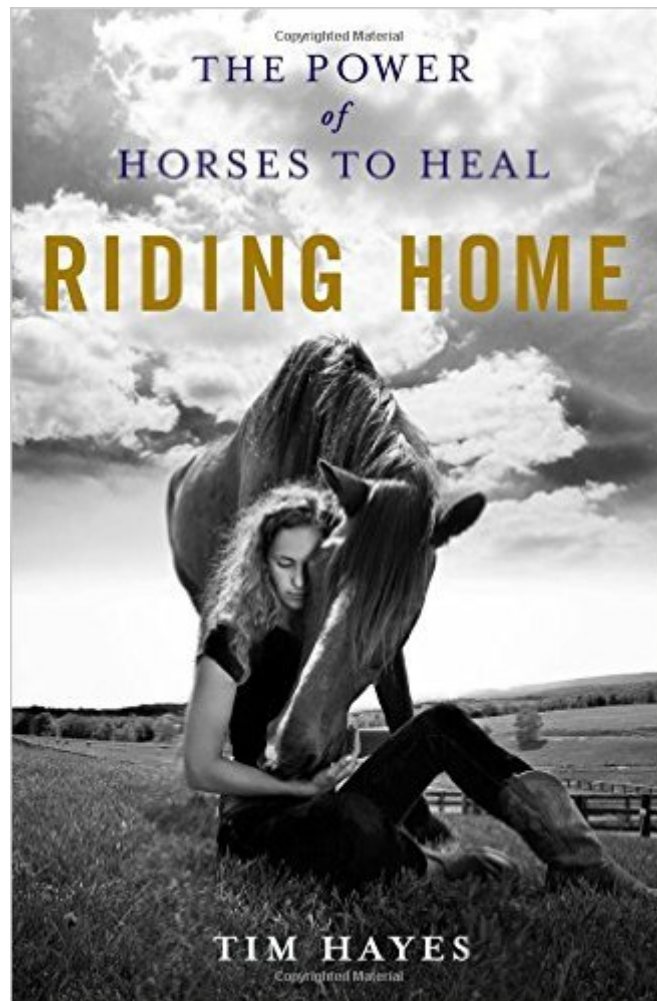


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# Riding Home: The Power Of Horses To Heal



## Synopsis

**Riding Home: The Power of Horses to Heal** is the first and only book to scientifically and experientially explain why horses have the extraordinary ability to emotionally transform the lives of thousands of men, women and children, whether they are horse lovers, or suffering from deep psychological wounds. It is a book for anyone who wants to experience the joy, wonder, self-awareness and peace of mind that comes from creating a horse/human relationship, and it puts forth and clarifies the principles of today's Natural Horsemanship (or what was once referred to as "Horse Whispering"). Everyone knows someone who needs help: a husband, a wife, a partner, a child, a friend, a troubled teenager, a war veteran with PTSD, someone with autism, an addiction, anyone in emotional pain or who has lost their way. **RIDING HOME** provides riveting examples of how Equine Therapy has become one of today's most effective cutting-edge methods of healing. Horses help us discover hidden parts of ourselves, whether we're seven or seventy. They model relationships that demonstrate acceptance, kindness, honesty, tolerance, patience, justice, compassion, and forgiveness. Horses cause all of us to become better people, better parents, better partners, and better friends. A horse can be our greatest teacher, for horses have no egos, they never lie, they're never wrong and they manifest unparalleled compassion. It is this amazing power of horses to heal and teach us about ourselves that is accessible to anyone and found in the pages of Tim Hayes's **RIDING HOME**. The information and lists of therapeutic and non-therapeutic equine programs, which are contained in the book, are also available at the book's website.

## Book Information

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## Customer Reviews

I am a disabled Operation Iraqi Freedom veteran. I spent more than two years in a hospital, and I lost count of all of the different therapists, doctors, psychologists, and other health care professionals I saw through my tenure. When I was finally released from the hospital, I became a shut in, and would only leave my house for basic necessities of life, like many with PTSD do. It was just, "easier" to remain a shut in. As a member of the Wounded Warrior Project, I was invited to a cook-out at an equine therapy facility near my home. The bait of barbecue was the motivation for me to get out of the house. I'm forever grateful I took that step. From the first moment I arrived at the farm, I felt such an incredible feeling on being whole again. As I continued to receive therapy there, the broken pieces of my severely injured brain, came together again, and the shadows of PTSD started to clear. Two years after starting that therapy, I learned how to love again, and more deeply than I could have ever imagined because of a horse. To the point now where I can live without the fog of medications and anti-depressants, and to the point where I could love another person enough to get married and trust her more than I ever thought I could. After I started riding, I was hired by the farm to work as a photographer. I have the privilege to document the same healing of other vets, children with disabilities such as Autism, cancer, or many of the other illnesses the author talks about, and can tell you that every word, and every feeling he describes in this book are spot on. I can't say thank you enough to the author for putting into a book what I've tried to explain to people outside the horse world, but never could. I strongly recommend this to everyone, especially anyone who's had any trauma in their lives, and hope they find a horse as great as the one I found to help them fully recover.

A TERRIFIC BOOK AND FASCINATING READ! I read lots of horse books and many are just blah, blah, blah. I found this one at an airport bookstore and thought I'd read a few pages to fall asleep. OMG! This book was so enthralling that I finished it 5 hours on my plane ride home. It finally explains WHY horse therapy works where other therapies fail. Anyone who works with horses or who is in the therapeutic riding profession can tell you that this is so, but most are hard pressed to say why. Hopefully traditional medicine will now start embracing these therapies and integrating them into their treatments. It would be wonderful if we as a society could learn that popping more pills is not always the best or healthiest option. Please read this book. Not to sound trite, but it will change your perspective and impact your life.

As a practitioner in the field of Equine-based learning and development, I was anxious to read Tim Hayes first book. I was not disappointed. I've read many books about horses related to the

emerging field of equines healing people, each of them different and leading to the same premise - horses do have a special and undeniable ability to positively alter human lives. *Riding Home* was unique in the way it wove in the how and why horses do what they do throughout the book, intermingled with real accounts of people that will capture your heart and yearn for you to hear more transformative stories. Despite the fact that I'm already working in this field, I found the book captured my attention. And yet, I think it's also an ideal book for someone with little or no experience with horses. They will learn more about their nature, their needs, and special ability to change a variety of human lives, from the war veteran to the at-risk teen, the autistic, as well as those who simply want to experience personal growth.

Tim Hayes uses multiple ways to show and convince us why and how the time spent with a horse can heal. This book is foundational in that he does our research for us, from ancient times until now, showing us that the horse has always been there, hoping for relationship instead of a violent and dominated usage. The possibilities are mind blowing, for we have just begun to see the benefits of the partnership the horse offers. Real healing happens in the presence of horses. Read this book and explore for yourself or others how it takes place.

I enjoyed this read about horses being used to help people with various issues and emotional problems. The groups observed by the author include one which combines gentling wild mustangs so they can be sold as riding horses, with violent prisoners who want a chance at rehab. The prisoners in this case were a self-selecting group who passed behavioural tests before being let near the horses. Other groups include those helping troubled young people to talk and grow confident; one where an autistic child learned to interpret body language of the horses, especially their ear signals; one where war veterans are helped not just physically, to move on horseback despite missing limbs, but mentally as a female officer with PTSD relates. Anyone interested in the work of such groups will find a good list of them in more than one country at the back of the book. The author comes across as a confident man who is a good listener, having worked with horses for many years in ranch and stable settings. He admires the work being done and appreciates that different methods will assist different people. He emphasises the horse as a prey animal, with a fight or flight impulse like our own. I found the book interesting as a horse lover and the writing is approachable and well researched.

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