

Excerpt from Introduction:

I believe writing is a way of both teaching and learning: learning about the subject matter, learning about people, learning about yourself, and trying to share in ways that will make a difference in other people's lives. Over the years, I have written newspaper columns about nature, environmental education materials for schools, and academic papers. But none felt as important as this book.

Excerpt from Part I:

To Buy or to "Rescue"?

So you have a preference for breed category and perhaps for breed. Should you search with the intent of buying a horse (from a current owner/trainer/breeder) or with the intent of adopting from a rescue centre? To begin with, use the terms "rescue" and "adopt" thoughtfully. Show respect for the people engaged in the difficult rescue work. They are the ones witnessing tragic situations, going to slaughterhouses, and working with the SPCA and other animal protection agencies. They deal with malnutrition, parasites, injuries, and emotionally wounded horses. They have probably poured countless hours into care before most of us might show up onsite and see a horse we might consider adopting.

Excerpt from Part II:

There is no point trying to disguise an emotion around your horse. Sometimes if I can't shake a negative emotion, I talk to my horse about it. I know she doesn't understand the words, but it helps me to be in the moment and aware of what is going on with my energy. She really pays attention when we have these "conversations."