



Hope . . . From the Heart of Horses: How Horses Teach Us About Presence, Strength, and Awareness

Kathy Pike

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Hope . . . From the Heart of Horses explores and celebrates the relationship and bond possible between horses and humans. Each chapter offers a life lesson about trusting one's instincts, honestly addressing emotions, achieving clarity in communications, and re-leasing negative thoughts. Because survival depends on being highly tuned to the thoughts and feelings of others, horses sense human intentions rather than what a person offers in facial expressions, which creates a remarkable effect on the relationship between these two distinctly different species. Among the moving stories the author relates are a horse named Hope who teaches the difference between hope and faith; an abused horse's background bringing up old memories and helping the author to move on; a young Olympic equestrienne hopeful who discovers and reaffirms her self-esteem; and a corporate training session in which one participant achieves great success merely by being honest about her fears. As you see how these people grow deeper into themselves as they learn the horse's way, you, too, will be inspired to explore and apply the deep and ever-lasting connection and communication between horses and humans.

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Reading can called imagination hangout, why? Because when you are reading a book particularly book entitled Hope . . . From the Heart of Horses: How Horses Teach Us About Presence, Strength, and Awareness your mind will drift away trough every dimension, wandering in each and every aspect that maybe unidentified for but surely can become your mind friends. Imaging just about every word written in a publication then become one application form conclusion and explanation which maybe you never get previous to. The Hope . . . From the Heart of Horses: How Horses Teach Us About Presence, Strength, and Awareness giving you a different experience more than blown away your thoughts but also giving you useful facts for your better life in this era. So now let us teach you the relaxing pattern here is your body and mind is going to be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary wasting spare time activity?

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