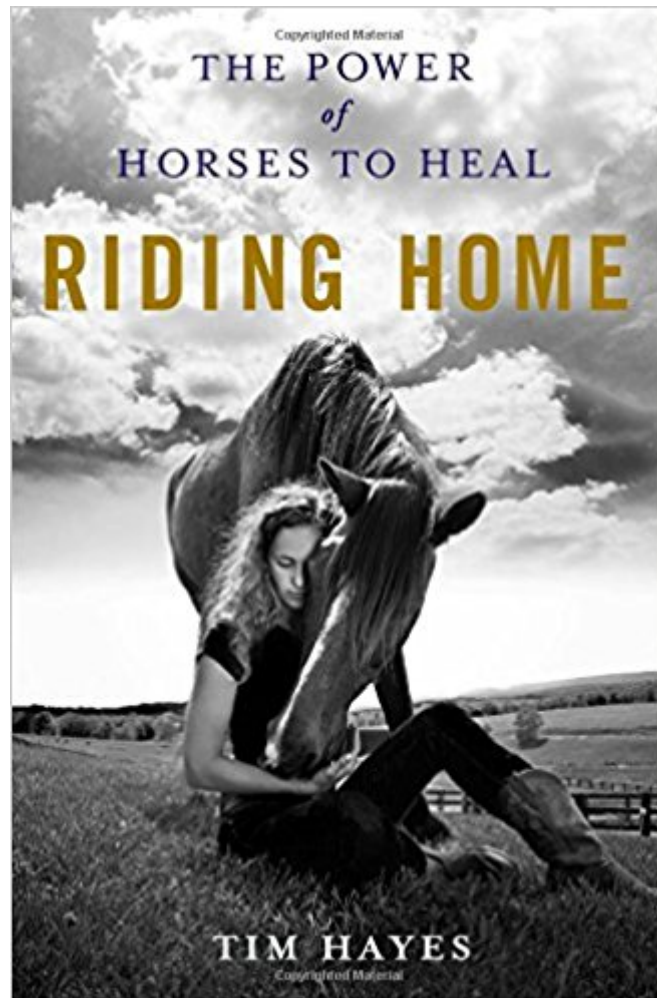




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# Riding Home: The Power Of Horses To Heal



## Synopsis

**Riding Home: The Power of Horses to Heal**, Horse Nation's must read book of 2016, 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

“Drawing on his lifetime of experiences with horses, including his friendship of more than 17 years with a gelding quarter horse named Austin, Hayes examines the intricate connections between these four-legged creatures and humans...Hayes’ obvious love for all things equine is evident throughout... An educational analysis of the bonds between horses and humans and how they can ‘bring feelings of self-awareness, joy, wonder, humility, and peace of mind.’”

Kirkus Reviews “Hayes makes a convincing case that his beloved equine companions are man’s best friends. Hayes will turn even non-horse lovers into equine-therapy believers.”

Booklist “Tim Hayes [is] a great storyteller blessed with passion for his subjects, horse and human. The lessons you’ll take away from this beautiful volume of healing and love between man and nature will stay with you for a long time.”

from the foreword by Robert Redford “Learn how horses can heal people and the power of equine therapy. Riding Home is essential reading for horse lovers and everyone who works with people who need healing.”

Temple Grandin, author of *Animals in Translation* and *Animals Make us Human* “Tim’s deep compassion, understanding and devotion to the wellbeing of both humans and horses comes through in the quiet eloquence of this very well written book. His keen observations of the healing powers that horses can have on the human spirit are woven through with the kind of wisdom that makes this book more than a worthwhile read.”

Mark Rashid, horse trainer, horsemanship clinician, and author of *Horses Never Lie* and *Considering the Horse* “Riding Home will inspire and further encourage those with mental and emotional disabilities to find the dramatic beneficial effects as well as the elation and spirit derived from being with horses.”

Dr. Robert M. Miller, D.V.M., equine behaviorist, author of *Understanding the Ancient Secrets of the Horse’s Mind*, and co-author of *The Revolution In Horsemanship* and *What It Means To Mankind* “Riding Home is the result of many years of Tim Hayes’ dedicated research on the healing power of horses |a different type of horsepower. The remarkable interaction between a horse and human provides the opportunity for solace, understanding and healing. Tim explains how horses are able to initiate the healing of our war veterans suffering from PTSD; a diagnosis that can be notoriously heartbreaking and difficult to treat. Through the horse, we can all connect physically, mentally, and spiritually. Truly, God has blessed mankind with an amazing gift |the horse.”

Larry Mahan, 6 time World Champion All Around Cowboy, 2 time World Champion Bull Rider, Western Horseman Man

of the Year, 2014

Tim Hayes is an internationally recognized natural horsemanship clinician. He conducts clinics throughout the United States, Canada, Europe and Mexico. He is a visiting instructor at The University of Connecticut's & The University of Vermont's departments of animal science. He is a contributing expert consultant & columnist for Equus, Equine Journal and Horse Directory magazines. He lives with his fiancée, Stephanie Lockhart, and their horses in New York and Vermont.

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.

This book is outstanding. Tim Hayes beautifully and flawlessly describes the amazing (and very hard to describe) feeling that interacting with horses can provide, and the unlimited opportunities that one can benefit from having horses in their life. I have read many many books and this is a must read for everyone. It is clearly evident he has extensive knowledge of horses and respects them as they deserve to be respected. He is a blessing to the horseworld and to those that love them. Thank you Tim for producing such an outstanding book.

Purchased this book because it told about therapeutic riding programs and the amazing effects they have on individuals. Having volunteered with 2 totally different Hippa programs which I believe in whole heartedly and brought me great joy to experience the wonderful changes in individuals first hand; made me want to read someone else's opinions on them. What I took away was life changing in many ways. It helped me to not only understand myself but others in my life as well. Never would have imagined a book could help me so much especially when it was purchased and being read for entirely different reasons. Loved it and will definitely share and read again.

Very interesting book for me, as I volunteer with an organization that offers equine assisted therapy to disabled children, Veterans returning with PTSD and other issues. I like to learn all I can about these horses abilities.

We who love horses already know how great they make us feel. They are our teachers, confidants, cheerleaders and best friends. Tim Hayes has written a book that tells how horses have helped and continue to help troubled teens, prison inmates, and autistic children with ways that are natural to horse behavior. Any one who wants to learn about the special powers of horses to heal should read this book. You'll be surprised by how a horse can do all these things for people just by being themselves.

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