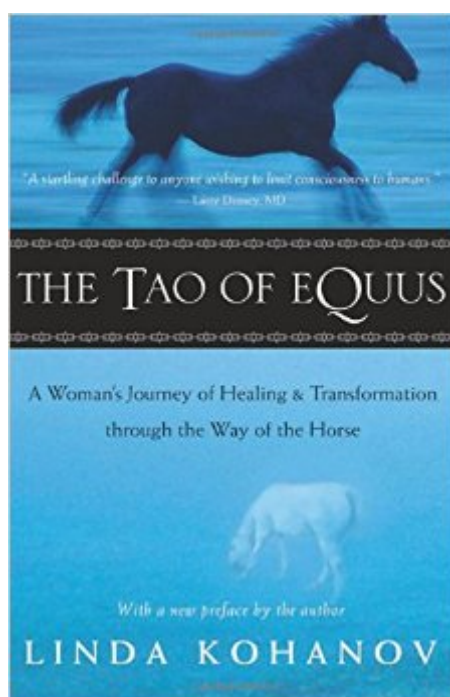


The book was found

# 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

Paperback: 384 pages

Publisher: New World Library; annotated edition edition (June 1, 2007)

Language: English

ISBN-10: 1577314204

ISBN-13: 978-1577314202

Product Dimensions: 1 x 5.5 x 8.5 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (156 customer reviews)

Best Sellers Rank: #45,824 in Books (See Top 100 in Books) #41 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses](#) #52 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Essays](#) #9853 in [Books > Religion & Spirituality](#)

## 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.

[Download to continue reading...](#)

The Tao of Equus: A Woman's Journey of Healing and Transformation through the Way of the Horse  
Tao - A New Way of Thinking: A Translation of the Tao T'ao Ching with an Introduction and Commentaries  
Living the Wisdom of the Tao: The Complete Tao Te Ching and Affirmations  
The Tao Te Ching: The Classic of the Tao and Its Power  
The Tao of Leadership: Lao Tzu's Tao Te Ching Adapted for a New Age  
The Tao of Joy Every Day: 365 Days of Tao Living  
Equus Healing  
Love through the Tao: Cultivating Female Sexual Energy  
Basic Practices of the Universal Healing  
Tao: An Illustrated Guide to Levels 1 through 6  
Feed Your Horse Like a Horse: Optimize Your Horse's Nutrition for a Lifetime of Vibrant Health  
Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy!  
Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past  
Healing Scriptures: 300 Healing Bible Verses on the Proven Healing Promises from God's Word  
The Tao of Dating: The Smart Woman's Guide to Being Absolutely Irresistible  
Journey Through Bavaria (Journey Through series)  
Healing Confessions: Activating the Healing Power of God Through the Spoken Word  
The Way and Its Power: Lao Tzu's Tao Te Ching and Its Place in Chinese Thought (UNESCO collection of representative works)  
Transformation and Healing: Sutra on the Four Establishments of Mindfulness  
The Chakras in Shamanic Practice: Eight Stages of Healing and Transformation  
Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation

