



Horse Sense and the Human Heart: What Horses Can Teach Us About Trust, Bonding, Creativity and Spirituality

Adele McCormick, Marlena McCormick

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Can horses really teach us to be better human beings? In this groundbreaking work, you will discover that the answer is a resounding "Yes".

While working with severely disturbed youths, therapists Adele and Deborah McCormick discovered the best healers were their herd of Peruvian Paso horses. Through their work with horses, the McCormicks' patients were initiated into the hidden world of animal energy and instinct, and found a safe and natural way to learn about their own dualistic natures. Patients learned to tap into their primal "animal" mind and energies and apply them toward more creative and responsible living. What took days or months to uncover in an office setting took only minutes when patients were on a horse.

You will read case after fascinating case of people discarded by society and the psychiatric community whose lives were turned around by the intuitive guidance and friendship of their equine therapists.

What People are saying...

"This book got me. It is about personal growth and the cultivation of wisdom, and is one of the wisest contributions I have come across in years...Its implications for healing are utterly profound. *Horse Sense and the Human Heart* is a breakthrough work."

--**Larry Dossey, M.D.** author *Prayer is Good Medicine* and *Healing Words*

"*Horse Sense and the Human Heart* is an eye-opening and heartwarming adventure. In sharing their pioneering therapeutic discoveries, Adele and Deborah McCormick take us on a shamanic interspecies odyssey. They reveal a secret world governed by wise equine masters, available to help heal our psyches, and guide the human spirit on its journey toward wholeness."

--**David Jay Brown**, author, *Brainchild* and *Mavericks of the Mind*

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