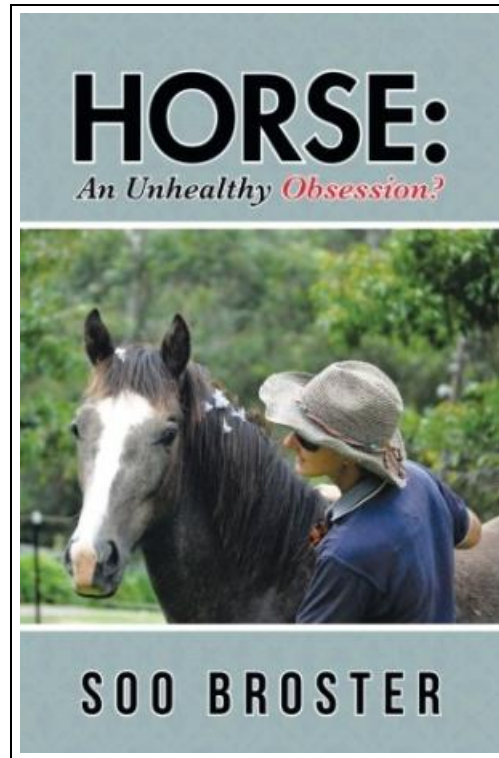


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Balboa Press Australia, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.-Wow! What a raw and authentic account. This touched me deeply and it is sure to have a profound effect on all its readers.- Natasha McPherson For author Soo Broster, horses have always been her refuge. They are, and have been, her companions, her teachers, her therapists, and at times, her oxygen. In *Horse: An Unhealthy Obsession?* she shares an authentic, raw, and personal account of how horses have been there for her through the ups and downs of her life. This memoir narrates Soo's personal journey to explain where she's come from, what she's gone through, the lessons she's learned, and the healing she's experienced. *Horse: An Unhealthy Obsession?* touches on a variety of subjects not always openly discussed, including eating disorders, parenting, divorce, addictions, childhood trauma, attachment, and Asperger's. An open and honest rendering of Soo's time with horses, she tells how these animals--sentient beings with extraordinary powers often not recognized by mortals--have helped her rediscover herself via her work with them. Through her story of both her challenges and accomplishments, Soo seeks to instill a feeling of hope and belief in self.

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