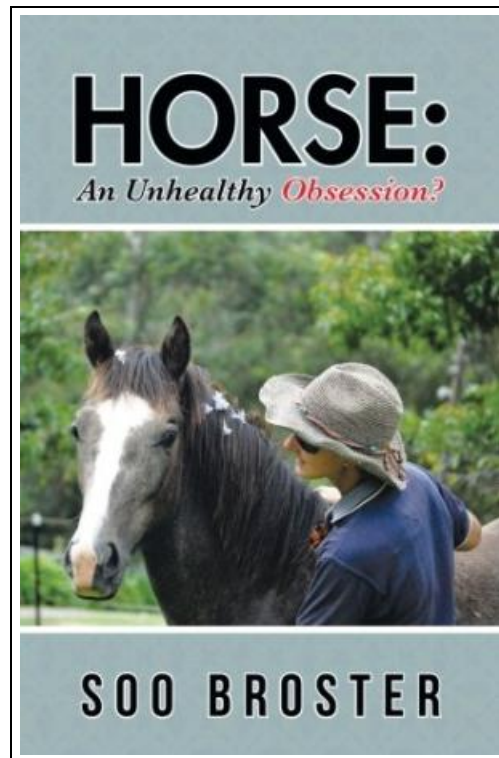


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Balboa Press Australia, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.-Wow! What a raw and authentic account. This touched me deeply and it is sure to have a profound effect 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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