



Riding Home: The Power of Horses to Heal

Tim Hayes (Foreword)

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Riding Home: The Power of Horses to Heal 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 *RIDING HOME*. The information and lists of therapeutic and non-therapeutic equine programs, which are contained in the book, are also available at: www.ridinghome.com

Riding Home: The Power of Horses to Heal Details

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Author : Tim Hayes (Foreword)

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From Reader Review Riding Home: The Power of Horses to Heal for online ebook

Shelley says

meh. Just don't feel this lived up to the description.

Donna says

This is such an amazing, insightful read about the therapeutic benefits of horses. From those with PTSD, to troubled teens to anxiety disorders to autism, equine therapy has proven to be extremely beneficial.

Carsonsed says

This was a great book about how horses change people lives, and how the horse help people get through tough time. It made me feel very warm inside.

Nancy says

Horse Can Heal Humans

If you love horses, you know how delightful it is to be around these gentle animals. I own several horses, but before I read this book, I didn't realize how many ways they are used to heal humans. Hayes reports on horses being used for healing in a variety of programs.

In a maximum security prison in Colorado, prisoners are used to tame wild horses and discover compassion and an ability to deal with their own fear. There are several programs known as Horses for Heroes that help returning soldiers suffering from PTSD deal with their demons. Autistic children have been helped through programs that include horse therapy. Teenagers suffering from emotional or addiction problems find healing in horses, as do people with cerebral palsy and other physical disorders.

In addition to discussing the programs for healing with horses, Tim Hayes recounts his own relationship with horses from being a cowboy in Idaho to teaching natural horsemanship in New York City. For those people unsure about getting on the back of a horse, natural horsemanship emphasizes ground work. You can become a friend of a horse and gain all the benefits of the interaction without having to ride. Although once you get to know your horse and realize how gentle they are, you'll want to take the next step and ride or drive.

This book is a tribute to the amazing relationship between humans and horses. Too many people today miss out on the wonders of dealing with nature because of their city lives and reliance on electronic devices. I recommend that everyone read this book to become familiar with the joy of horses and learning to live with nature.

I reviewed this book for Net Galley.

Kim Ludeman says

Fantastic book!

This book gave great case studies/ stories of how horses help heal the insides of humans! I love all the references for further insight and understanding.

Lynn Lidstone says

Loved this book! Tim Hayes is insightful and easy to read. I will read this again....and probably again.

Foxdreams says

Ultimately, I wish this book was about what it claims to be about. It also could have REALLY benefitted from a competent editor.

My problems span both content and presentation.

Content: this book. repeats. itself. multiple. times. In all ways. Sometimes 3 chapters down the line it will suddenly begin rehashing something explained in detail previously. This happens throughout the book.

Staying on topic: This book could not. Within each topic chapter the information wanders all over the place and by the end tends to barely even touch what the topic is supposedly about. This got incredibly annoying because at times I had to listen to the author's bizarre asides about how divorce is the Worst Thing Ever, how Autism is the Worst Thing Ever, and how (this is where he really lost me) women are attracted to "the masculinity" of horses because we all want to "secretly control large, powerful men" (WHAT?! The lesbians of the world are cackling, my dude) and all this in chapters that were supposed to be about themes such as "why humans like horses". The INCREDIBLY reductive asides on stuff like gender theory (Women like horses because we all want to be mothers, as it befitting our natural instincts! Because we're hard wired to want kids! You heard me right!) really took me right out of the story. I kept wanting to stop this book but I kept hoping maybe it would improve in content or editing. It does not.

There's also for some reason an entire chapter on "natural horsemanship" (dominance theory, which although popular has been disproved multiple times over as no more natural than other outdated training methods, as horses will never see humans as herd leaders since they know we aren't horses. Look it up, 'join up' has been successfully performed with small robots, it's really fascinating stuff) in a book about therapeutic horse stories. I get that the author has a vested interest in promoting it since he depends on it for his living, but if I wanted that couldn't I have bought a different book??

I just wish somewhere on the book it would have been communicated that this isn't an in depth collection of how and why therapeutic horse riding works, it's simply a random rambling collection of surface thoughts interspersed with anecdotal stories and the author's personal opinions on his own childhood and a variety of bizarre other asides.

When it actually WAS on topic and talking in depth about therapy stories, I was on board. I especially liked the stories about the prison programs with the mustangs. But overall, if you're bothered by what I mentioned or looking for more in depth stories, skip it.

Susan Grodsky says

Tim Hughes seems to be a very nice person. I bet he would be a good teacher of natural horsemanship.

But writing just is not his thing! There are perhaps 25 pages of really useful information in this 247 page book. It's extremely repetitious. And his long-winded stories of children, convicts, and veterans whose autism, anti-social tendencies, or PTSD is cured by exposure to a horse are encouraging, but have a flat, predictable narrative arc. A more data-driven approach would have been more persuasive.

There are some good insights, such as the observation that a horse in his natural environment spends the day grazing, walking, occasionally running, and being in physical contact with the other horses in the herd. If you've seen pairs of horses in a pasture, swishing tails in each others' faces, you've seen horses au natural.

Given that, how happy can a horse be if he spends most of his days barely able to move because he is tied in a stall? Or in solitary confinement in a barren corral?

Hayes correctly points out that many of the "vices" horses are said to have (such as gnawing at fences) arise from having their natural behaviors frustrated. I wish he had taken the next step and asked why horses must be confined in environments that frustrate their nature.

I think one reason he doesn't go there, is that, in the end, he and I have very different attitudes towards horses. Although he is an advocate of natural horsemanship, his attitude is the common one: that horses are there to do what we want them to do.

He knows that the horse is unhappy in that barren corral, he knows that horses don't like bits in their mouths and saddles around their bellies and people on their backs. They can be trained to accept all these things, because horses, like most herd animals, like most prey animals, adjust rather than fight. But it's not the life they want to live.

And then you have me. It's been decades since I was a horse-riding 12 year old, mad to be flying over fences. Horses still make me happy. But now I am happy when I see them grazing in pastures. I am happy when I know that they are happy.

Cara Brewton says

After completing an overview class on Equine Assisted Activities and Therapy earlier this month I have been packing my Want to Read list with equine therapy titles. Riding Home by Tim Hayes turned out to be a good place to start. Tim provided a flyover view of equine behavior -- how the human brain works, and how those two things play into equine therapy -- without getting too deep in the scientific weeds. he also included moving testimony from those experiencing PTSD, autism, and trauma who were immensely comforted and set on a path to healing by working with horses in a therapeutic setting. Highly recommended!

Allison says

I have to say coming into this book, I wasn't really sure what I was in for the. As a horse lover and owner myself, I can personally account for the healing horses can offer.

This book is filled with real life accounts of therapy via a human/horse relationship. Great read for horse lovers or anyone considering healing through horses.

**** I received a digital copy of this book in exchange for an honest review. ****

Chauntel Skye Gilliland says

As a horsewoman who was witnessed the healing power of horses firsthand, I have to give the author a big thumbs up for making this knowledge accessible to the general population. That said, I felt the personal accounts were sometimes a little forced and cliché, and I think the themes of the chapters came across as a little disjointed or out of order. Overall great book and a must read.

Kim says

I love horses to begin with and this book just confirms why. It talks about how they are used for therapy for PTSD autism chemical dependency etc. Horses are great at understanding humans and if it doesn't like something you are doing you had better change it because they won't change their behavior. Great read for any horse lover

Evelyn Walker says

I wanted to like this book, I really did. The author tries so hard to convey the magic that many of us feel around horses, but it feels like he is trying too hard to make his point. I volunteer in the therapeutic riding industry and I see firsthand what horses can do for people, but I feel that this book might set people up with false expectations. The "magic" with horses and therapy doesn't just instantly happen, and sometimes it doesn't happen at all. And some of the scenarios he describes sound positively dangerous - sending a teenager with no knowledge of horses at all into a group of six horses without instruction or anyone accompanying him? That's a recipe for disaster, no matter how old and tame your horses. Also the author spends a lot of time talking about natural horsemanship, training techniques, and horse behavior. There was nothing new in any of this information, and I've read it many times in other books. Maybe, if I was unfamiliar with horses, and horse therapy this book would have been more interesting.

Heather Main says

Sweet book. Needs more substance. I like the book because I love horses and learning about natural

horsemanship, but this books is overly sentimental about horses and gushy with dramatic stories of people with PTSD (largely) , while the most salient content was few and far between.

Joanna says

I received a copy as a First Reads winner and loved it. I had a ranch for a few years where we rehabilitated injured show horses. From my experience with the physical and emotional issues we dealt with, I could easily relate them to what was discussed in this book--for both horses and humans.
