



# Hope . . . From the Heart of Horses: How Horses Teach Us About Presence, Strength, and Awareness

*Kathy Pike*

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## **Hope . . . From the Heart of Horses: How Horses Teach Us About Presence, Strength, and Awareness** Kathy Pike

*Hope . . . From the Heart of Horses* explores and celebrates the relationship and bond possible between horses and humans. Each chapter offers a life lesson about trusting one's instincts, honestly addressing emotions, achieving clarity in communications, and re-leasing negative thoughts. Because survival depends on being highly tuned to the thoughts and feelings of others, horses sense human intentions rather than what a person offers in facial expressions, which creates a remarkable effect on the relationship between these two distinctly different species. Among the moving stories the author relates are a horse named Hope who teaches the difference between hope and faith; an abused horse's background bringing up old memories and helping the author to move on; a young Olympic equestrienne hopeful who discovers and reaffirms her self-esteem; and a corporate training session in which one participant achieves great success merely by being honest about her fears. As you see how these people grow deeper into themselves as they learn the horse's way, you, too, will be inspired to explore and apply the deep and ever-lasting connection and communication between horses and humans.

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