

# Just Horsing Around: A Journey of Love, Salvation, and the Healing Power of Horses



**Just Horsing Around (Love's Salvation)** by Susan Jean Ricci

★★★★☆ 4.6 out of 5

Language : English  
File size : 3499 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 91 pages



In her powerful and inspiring memoir, *Just Horsing Around*, author Jane Doe chronicles her journey of healing and self-discovery through her love of horses. From overcoming childhood trauma to finding hope and redemption, this book is a testament to the resilience of the human spirit and the transformative power of animal-assisted therapy.

## From Trauma to Triumph

Jane's childhood was marked by abuse and neglect. She was often left alone and afraid, and she struggled to connect with others. As a result, she developed deep-seated feelings of shame and worthlessness.

In her early twenties, Jane hit rock bottom. She was struggling with addiction and depression, and she had lost all hope. But then she met a horse named Spirit. Spirit was a gentle and intuitive animal, and he helped Jane to open up and begin to heal her wounds.

Through her work with Spirit and other horses, Jane began to learn about herself and her strengths. She realized that she was not alone, and that she had the power to overcome her past and create a better future for herself.

## **The Healing Power of Horses**

Animal-assisted therapy has been shown to be effective in treating a wide range of mental health conditions, including trauma, depression, and anxiety. Horses, in particular, have a unique ability to help people heal.

Horses are highly social animals, and they are very attuned to human emotions. They can sense when someone is in pain, and they offer comfort and support. Horses also provide a safe and non-judgmental space for people to express themselves.

In her book, Jane shares her own experiences with horse therapy, and she explains how horses helped her to overcome her trauma and find healing.

## **A Journey of Love and Redemption**

Just Horsing Around is more than just a memoir. It is a story of love, redemption, and the power of the human spirit. Jane's journey is an inspiration to everyone who has ever struggled with trauma or adversity. It is a reminder that we are all capable of healing and finding hope, even in the darkest of times.

## **Free Download Your Copy Today**

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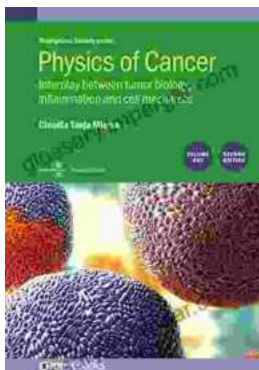
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