



The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse

By Linda Kohanov

Download now

Read Online →

The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse By Linda Kohanov

Do horses make choices? How do they seem to know what people are thinking and feeling? Are horses spiritual beings with a destiny all their own? If so, how is this destiny connected with humanity's future? How does the equine mind compare with the human mind? What do horses have to teach people? And why are women so attracted to horses?

These are some of the questions writer and equine therapist Linda Kohanov explores in her extraordinary book *The Tao of Equus*. In it she intertwines the story of the spiritual awakening she experienced with her black mare Rasa with compelling neurological research, cultural history, mythology, and first-hand anecdotes from years of teaching and facilitating equine therapy.

She delves into the mental and spiritual processes behind the magical connections people, and women in particular, often experience with horses. She skillfully describes the subtle behavioral nuances horses express and perceive — what she calls the "wisdom of the prey" — as well as a feminine wisdom found in her powerful interactions with horses, bringing to the page subtleties that women riders have intuited for centuries.

Blending her extraordinary experience — what some would consider paranormal — with a wide-ranging survey of the phenomena of horse-human communication, Kohanov delivers a ground-breaking work sure to interest both longtime riders and readers interested in the leading edge of animal perception and animal-human communication.

↓ [Download The Tao of Equus: A Woman's Journey of Healin ...pdf](#)

📖 [Read Online The Tao of Equus: A Woman's Journey of Heal ...pdf](#)

The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse

By Linda Kohanov

The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse
By Linda Kohanov

Do horses make choices? How do they seem to know what people are thinking and feeling? Are horses spiritual beings with a destiny all their own? If so, how is this destiny connected with humanity's future? How does the equine mind compare with the human mind? What do horses have to teach people? And why are women so attracted to horses?

These are some of the questions writer and equine therapist Linda Kohanov explores in her extraordinary book *The Tao of Equus*. In it she intertwines the story of the spiritual awakening she experienced with her black mare Rasa with compelling neurological research, cultural history, mythology, and first-hand anecdotes from years of teaching and facilitating equine therapy.

She delves into the mental and spiritual processes behind the magical connections people, and women in particular, often experience with horses. She skillfully describes the subtle behavioral nuances horses express and perceive — what she calls the "wisdom of the prey" — as well as a feminine wisdom found in her powerful interactions with horses, bringing to the page subtleties that women riders have intuited for centuries.

Blending her extraordinary experience — what some would consider paranormal — with a wide-ranging survey of the phenomena of horse-human communication, Kohanov delivers a ground-breaking work sure to interest both longtime riders and readers interested in the leading edge of animal perception and animal-human communication.

The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse
By Linda Kohanov Bibliography

- Sales Rank: #196891 in eBooks
- Published on: 2010-10-06
- Released on: 2010-10-06
- Format: Kindle eBook

 [Download The Tao of Equus: A Woman's Journey of Healin ...pdf](#)

 [Read Online The Tao of Equus: A Woman's Journey of Heal ...pdf](#)

Download and Read Free Online *The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse* By Linda Kohanov

Editorial Review

Amazon.com Review

The Tao of Equus, which literally translates as "the way of the horse," explores the possibility that horses are highly evolved, spiritual beings who offer humans opportunities for healing and personal growth. Linda Kohanov is the owner of Epona Equestrian Services, an Arizona-based collective of trainers and counselors that explore the therapeutic potential of equestrian pursuits. Although she does discuss horse training and horse behavior, Kohanov is most interested in what horses can teach us. Moving beyond the realm of horse whispering, Kohanov studies how horses awaken intuition in humans while also mirroring our unspoken feelings and fears. At its core, this book reminds us to be mindful as we approach the horse-human relationship. Like human-to-human relationships, we have to do our own personal and spiritual work before we can expect to create a meaningful and cooperative interspecies connection. Kohanov is a steadfast writer who isn't shy about claiming a strong feminine approach, showing how mythology and history are filled with examples of powerful woman-horse connections. She also has the courage to reveal her paranormal experiences with these intensely emotional and intuitive animals--stories that may sound familiar to anyone who has ever loved and dreamed of horses. --*Gail Hudson*

From Publishers Weekly

A freelance writer and founder of an equestrian therapy center, Kohanov relates the strange dreams, paranormal events and personal epiphanies that led her to believe that she was being visited not by just any run-of-the-mill poltergeist, but by a herd of ghost horses that wanted her to share their wisdom. It's a fantastic story, she admits, writing, "I wouldn't be surprised if some people use elements of what I divulge in this book to try to discredit anything else I have to say about the potential of the horse-human relationship." In a straightforward manner, Kohanov describes the strange events as she remembers them and explores their implications for equine-based therapy; using anecdotes from her experience as a facilitator of horse-centered therapy, she offers a compelling look at what these animals can do for traumatized and desperately unhappy humans. She also examines the role of horses in mythology and ancient writings and the relationships between horses and people. Her research is comprehensive, shedding new light on such familiar terms as "nightmare" and on well-known stories like the myth of Medusa (from whose blood the winged horse Pegasus sprung). Kohanov's tale will be greeted with skepticism by many readers, but her sure writing should turn a few of them into believers.

Copyright 2001 Cahners Business Information, Inc.

From the Back Cover

"A startling challenge to anyone wishing to limit consciousness to humans."

-- **Larry Dossey, MD**

"Linda Kohanov's stories about the mystery of healing and transformation between human and horse are extraordinary, magical. Linda has done her homework, and her book stands well on its research, but it dances on its stories. A book that can change minds, hearts, and attitudes."

-- **Susan Chernak McElroy**, author of *Animals as Teachers and Healers*

"This work represents an extraordinarily moving account of a gifted thinker, writer, teacher, and horsewoman who dares to venture deep within to explore the truth of the connection that merges horse,

human, emotion, and spirit."

-- **Riding**

"*The Tao of Equus* is part memoir, part literature, mythology, and philosophy lesson, and part psychology text. More than anything, [Linda Kohanov] had the courage to investigate dreams and visions many may dismiss. As you read, you'll ponder your own dreams and coincidences, and consider what your horse may be waiting to teach you."

-- **Horse & Rider**

"This articulate, well-researched story brings together many disciplines of learning and weaves a magic carpet for discovery with our horses. *The Tao of Equus* will allow your imagination to take flight, and give you insight into yourself and your equine partner."

-- **The Equestrian News**

"This inspirational book would make an excellent gift not only for horse lovers, but for anyone dealing with fundamental questions of grief, sadness, and healing."

-- **BookPage**

"Effective psychotherapy 'contains' a mysterious energy that synchronously interweaves the interaction of therapist and client. Linda Kohanov takes us on a marvelous excursion of her evolutionary relationship with horses, highlighting equine-facilitated psychotherapy and the Tao energy that horses have to offer in the service of this work. I highly recommend this book to everyone interested in innovative psychotherapy and more than just a superficial look at horses."

-- **Fred P. Gallo, PhD**, author of *Energy Psychology*, *Energy Tapping*, and *Energy Psychology in Psychotherapy*

Users Review

From reader reviews:

James Miguel:

Here thing why this specific The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse are different and trusted to be yours. First of all studying a book is good but it depends in the content of the usb ports which is the content is as yummy as food or not. The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse giving you information deeper including different ways, you can find any book out there but there is no guide that similar with The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse. It gives you thrill studying journey, its open up your eyes about the thing in which happened in the world which is perhaps can be happened around you. It is easy to bring everywhere like in area, café, or even in your way home by train. If you are having difficulties in bringing the printed book maybe the form of The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse in e-book can be your substitute.

Michael Moore:

This book untitled The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse to be one of several books in which best seller in this year, honestly, that is because when you read this book you can get a lot of benefit onto it. You will easily to buy this particular book in the book store or

you can order it through online. The publisher of this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Cell phone. So there is no reason to you personally to past this e-book from your list.

Brandon Jenkins:

The reserve untitled The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse is the e-book that recommended to you to see. You can see the quality of the book content that will be shown to a person. The language that creator use to explained their ideas are easily to understand. The article author was did a lot of investigation when write the book, so the information that they share to your account is absolutely accurate. You also could possibly get the e-book of The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse from the publisher to make you far more enjoy free time.

Tania Hansen:

Exactly why? Because this The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse is an unordinary book that the inside of the publication waiting for you to snap this but latter it will jolt you with the secret that inside. Reading this book close to it was fantastic author who write the book in such incredible way makes the content within easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your expertise and your critical thinking means. So , still want to postpone having that book? If I were being you I will go to the publication store hurriedly.

Download and Read Online The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse By Linda Kohanov #YPBIHU7E2JT

Read The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse By Linda Kohanov for online ebook

The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse By Linda Kohanov Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse By Linda Kohanov books to read online.

Online The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse By Linda Kohanov ebook PDF download

The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse By Linda Kohanov Doc

The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse By Linda Kohanov Mobipocket

The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse By Linda Kohanov EPub