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

My Personal Review:
When I found this book, I was researching how to overcome fears of riding and falling. I am a novice rider and first-year horse owner who was, at the time, just recovering from my first major horse-related accident. We were out on the trail, trotting along, and my horse spooked while I was on the upbeat of the post, ejecting me quite thoroughly. A sprained back grounded me for 6 weeks and left me unexpectedly panic-stricken when I tried to ride again. My horse sensed both my fear and mistrust and
responded by losing trust in me and becoming increasingly difficult and frightening to handle. Since I didn’t want to sell my beloved horse or give up riding out of fear, and because I couldn’t locate a trainer specializing in fear issues in my area, I headed to the bookstore for a solution. I didn’t find the book I was looking for—but I found the book that I needed. This is one of the most fascinating books I’ve ever read. Although the subject matter doesn’t deal specifically with fears caused by falls, I’ve found instead a much deeper answer to the myriad of problems with which my horse and I have been dealing. I discovered the root of our problems when I read Linda’s description of emotional incongruity—when human body language and behavior appear (to the horse) to be out of sync (incongruent) with their inner feelings. I’d been hiding my overwhelming fears behind a false bravado, which unsettled my horse to the point that he no longer felt comfortable cooperating with me. After I read this, I stopped trying to win the endless battles and began applying the concepts I was learning from Linda’s book to our relationship, with wonderful results. Without resorting to bizarre training methods or programs, my horse and I have simply reinvented our method of communicating. The experiences Linda shares in the book, as well as the history, psychology, and intuitive concepts, have helped us work through our problems while providing a scintillating insight into the mind and emotions of these magnificent creatures. My confidence is back, my horse is once again calm, responsive, friendly and manageable and we are building an even better relationship than we originally had. Most importantly, riding and being with my horse is fun again. I recommend this book not only for those with a passion for horses, but also those interested in animal and human psychology, tribal evolution, and personal growth. This book has it all.

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The Tao of Equus: A Woman’s Journey of Healing and Transformation Through the Way of the Horse by Linda Kohanov - 5 Star Customer Reviews and Lowest Price!