

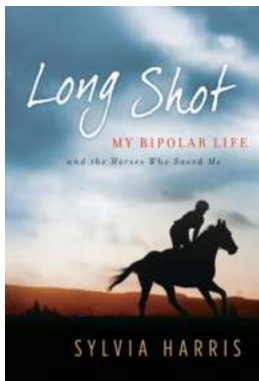
My Bipolar Life And The Horses Who Saved Me



Living with bipolar disorder can be a constant roller coaster of emotions. The highs and lows can be debilitating and at times, it can be challenging to find refuge from the storm that rages within. However, in the midst of this chaos, I discovered an unexpected source of comfort and solace – horses.

The Dark Clouds of Bipolar Disorder

For years, I struggled with the unpredictable nature of bipolar disorder. The depressive episodes left me feeling drained, hopeless, and detached from the world around me. On the other hand, the manic episodes brought about a whirlwind of energy and creativity, but also recklessness and impulsive behavior.



Long Shot: My Bipolar Life and the Horses Who Saved Me by Sylvia Harris (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English
File size : 856 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 227 pages



It was during one of my darkest moments that I stumbled upon an equine therapy program. Intrigued by the idea of connecting with animals and seeking a glimmer of light amidst the darkness, I decided to give it a try.

The Healing Power of Equine Therapy

From the moment I stepped foot in the stable, the horses sensed my vulnerability and responded with unconditional love and acceptance. It was truly remarkable how they could pick up on my emotional state and provide a sense of calm and reassurance.

Equine therapy, also known as horse therapy, is a type of therapy involving interactions with horses to promote physical, emotional, and mental well-being. It is often utilized as a complementary treatment for individuals struggling with various mental health conditions, including bipolar disorder.

As I spent more time at the equine therapy center, I began to establish a bond with these majestic creatures. Brushing their coats, grooming them, and feeling

their warmth became a therapeutic ritual for me. The rhythmic motion of riding a horse provided a peaceful escape from the turbulence I experienced within.

A Unique Connection

What struck me most was the genuine connection I felt with the horses. They didn't judge me or question my actions; they simply offered their companionship and understanding. Through their presence, they taught me the importance of living in the moment, of embracing the present instead of being consumed by the past or future.

Horses are incredibly perceptive animals. They have an innate ability to sense human emotions and respond accordingly. When I arrived at the stable, burdened by the weight of my bipolar disorder, the horses provided a safe space for me to heal and grow.

They taught me patience, as I had to learn to communicate with them through non-verbal cues and body language. They taught me trust, as I slowly let my guard down and allowed myself to be vulnerable in their presence. Most importantly, they taught me acceptance, reminding me that despite my mental health struggles, I am still capable of forming meaningful connections.

Embracing a Brighter Future

As I continued my equine therapy sessions, I noticed gradual changes within myself. I became more attuned to my emotions, better equipped to manage the highs and lows that bipolar disorder brings. The horses had become an integral part of my support system, offering acceptance and stability in a world that often felt chaotic.

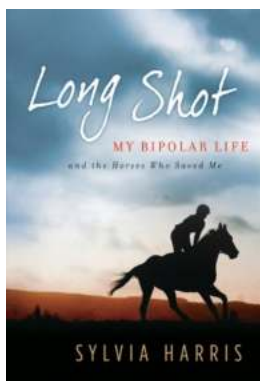
Equine therapy is not a magical cure for bipolar disorder, but it can certainly be a powerful tool in the journey towards healing and self-discovery. The bond forged between humans and horses can provide solace, strength, and a tangible connection when everything else feels uncertain.

My journey with bipolar disorder will always be filled with challenges, but knowing that there are horses out there who are ready to embrace me with open hearts gives me hope. They have saved me from drowning in the depths of my darkest moments and continue to guide me towards a brighter and more fulfilling life.

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Bipolar disorder is a complex condition that can leave individuals feeling lost and alone. However, it is crucial to remember that no matter how dark the storm may seem, there is always a ray of light waiting to be discovered. Equine therapy offers a unique and powerful way to find solace and support.

If you are struggling with bipolar disorder or any other mental health condition, consider exploring the healing potential of horses. You may be surprised by the profound impact they can have on your life, as they provide a sanctuary amidst the chaos, a sanctuary that helps you reclaim your joy and sense of self.



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Combine Seabiscuit with Manic—throw in a touch of HBO’s “Temple Grandin”—and you get Long Shot, a truly remarkable memoir by Sylvia Harris. A single mother of three, Harris was crippled by bipolar depression, until she discovered the miraculous healing and calming effect of horses—a revelation that ultimately enabled her to manage her illness, conquer the sexism of her field, and triumph as a champion jockey in the male-dominated world of horse racing. A fascinating, courageous, and ultimately redemptive true story, Long Shot has won high praise from Phyllis Chesler Ph.D., author of Women and Madness, who says, “[Harris’s] attempt to find balance, joy, connectedness, and purpose in life constitutes a great adventure story.”



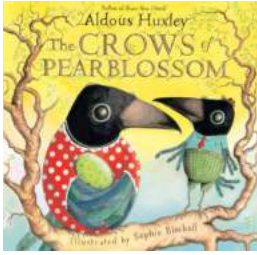
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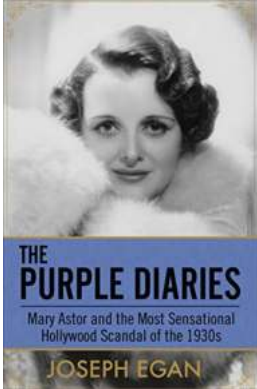
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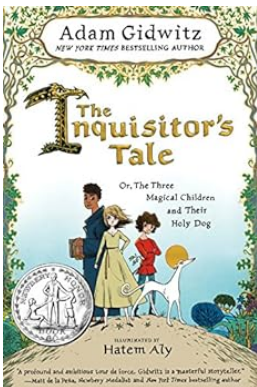
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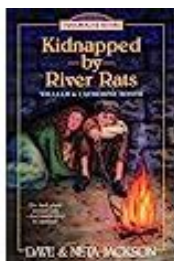
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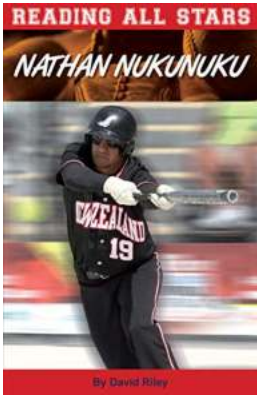
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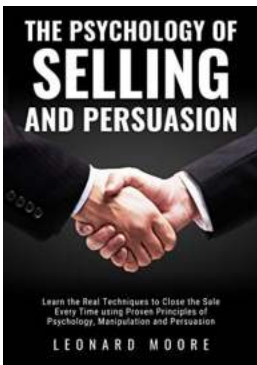
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