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Horse, Speak to Us of Freedom

Towards an Ecology of the Inner Self

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In an era when ecological crises are colliding with existential ones, horses can offer us a new way of life: an ecology of the inner self.

If we listen to them, horses can guide us to a new self-space where we are in total connection with nature. Isabelle Pouységur invites readers to heed to the wisdom of horses and find our own freedom to act freely, listen to our sensibilities, follow our intuitions, and be genuine and honest. She passes on lessons learned from her own extensive experience with horses, to help readers achieve fulfillment.
