



Riding Between the Worlds: Expanding Our Potential through the Way of the Horse

Linda Kohanov

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In this powerful follow-up to her groundbreaking work *The Tao of Equus*, Linda Kohanov introduces provocative new theories about the human-horse connection, theories supported by in-depth experience. “Horses,” she maintains, “model an embodied spirituality, one that is both fully present in this world and deeply connected to the soul’s divine origins.” Kohanov explores how these animals support us on both levels, leading us to unexpected realizations about fear, intuition, awareness, empowerment, and above all, authenticity.

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