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Journeys of Trust, Hope, and Healing Through Equine-Partnered Therapy

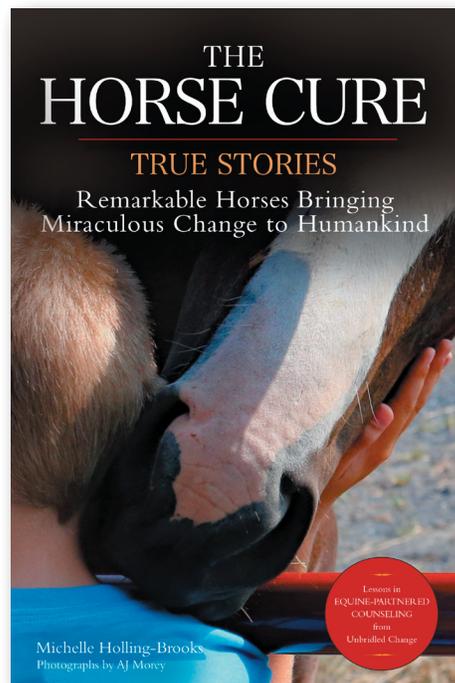
THE HORSE CURE

True Stories: Remarkable Horses Bringing Miraculous Change to Humankind

MICHELLE HOLLING-BROOKS with photographs by AJ MOREY

Trafalgar Square Books is pleased to announce the release of *The Horse Cure* by Michelle Holling-Brooks, with photographs by AJ Morey.

Ashley was locked in closets as punishment, and physically and sexually abused, resulting in an angry and violent child who threatened her adoptive family. Brenda was diagnosed bipolar, and lived through painful and humiliating domestic abuse. Nick was angry, suicidal, and a veteran with combat PTSD. Survivors of trauma, loss, illness, abuse, stress, and depression can face seemingly insurmountable obstacles. But today, a growing body of scientific evidence suggests that horses play a crucial role in therapy for those struggling with significant psychological and emotional challenges. Inspired by her own childhood trauma when she spent seven days in a coma, awakened to a severely compromised body and brain, and rebuilt her life with the help of a horse, Michelle Holling-Brooks founded Unbridled Change, a non-profit Equine-Partnered Therapy organization that helps match horses to individuals in need. Here she shares amazing stories of the people she's worked with and the "horse cure" that changed their lives.



MICHELLE HOLLING-BROOKS has been a certified professional in the field of Equine-Assisted Therapies since 2000, and is a lifelong equestrian. A life-threatening illness in her early teens inspired her commitment to her work and the founding of Unbridled Change, a non-profit equine-partnered therapy organization, in 2008. Holling-Brooks has over 20 years of training with a number of organizations in the field, including EAGALA, PATH, and Natural Lifemanship; she is certified in Mindfulness and Life Coaching, is a Reiki Master, and has specialized training in the areas of trauma, PST, and attachment work. **AJ MOREY** is Associate Vice Provost for Cross-Disciplinary Studies at James Madison University and the author of four books. She is certified as an equine specialist for delivering horse-assisted mental therapies, and was a co-founder of a nonprofit that used horses in therapy sessions with veterans and at-risk youth.

"My hope is that you will see what I see every day: partnering with horses has the power to unlock our own healing, so that we can restore and cure ourselves."

—MICHELLE HOLLING-BROOKS

208 pp • 6 x 9 • 40 color photographs • 978 1 57076 936 8 • \$22.95 pb

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