

## Further Reading and references:

*Being You, Changing the World* Dr. Dain Heer (CD collection)

Bridlesandbreath.com

EquestrianTaichi.com

Headspace.com – meditation website

Heartmath.org – The HeartMath Institute

<https://www.psychologytoday.com/us/blog/family-affair/201712/negative-self-talk-dont-let-it-overwhelm-you>

*Tao of Equus: A Woman's Journey of Healing & Transformation through the Way of the Horse* By Linda Kohonov

*The Big Book of Tai Chi: Build Health Fast in Slow Motion* by Bruce Frantzis

<https://www.theguardian.com/science/2021/aug/15/the-hidden-sense-shaping-your-wellbeing-interoception>

*The Inner Life of Animals: Love, Grief, and Compassion: Surprising Observations of a Hidden World* by Peter Wohlleben

*Sacred Spaces: Communion with the Horse Through Science and Spirit* by Susan D. Fay, PhD

SharonWilsie.com

*The Secret Language of Your Body* by Inna Segal

Secretsofthehorse.com

*The Untethered Soul; The Journey Beyond Yourself* by Michael Singer

*Two Bodies, One Heart: Horses and Your Heartbeat* by Hayley Rosenberg