



# **My Horse, My Self: Life Lessons from Taos Horsewomen**

*Susan Erlandson Washburn*

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"My Horse, My Self: Life Lessons from Taos Horsewomen" is a collection of intimate interviews with eighteen passionate and self-reliant horsewomen living in Northern New Mexico. Speaking from the heart, they describe the ways their horses have sustained them through trauma, forced them to discover strengths---and weaknesses---they didn't know they had, and helped them develop the confidence to become more truly themselves. The interviews are accompanied by photographic portraits that convey the essence of each woman's story and depict the stark beauty of Taos' high desert surroundings. Winner in the 2015 New Mexico-Arizona Book Awards.

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