



# **The Smart Woman's Guide to Midlife Horses: Finding Meaning, Magic and Mastery in the Second Half of Life**

*Melinda Kaitcer, Clinton Anderson Melinda Folsie*

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Arguing that riding horses is a great outlet for the stress women feel when facing the challenges of middle age, this unique book provides step-by-step instructions for getting back in the saddle. Though the physical, emotional, and financial demands of midlife horsemanship can create unanticipated insecurities, this guide answers with insights from sports psychologists, advice from world-renowned equine experts, and moving, real-life stories from women who share how rediscovering their love for horses has added to their lives. Tools and resources for easing the transition are accompanied by words of encouragement and empowerment that demonstrate how enriching a midlife relationship with horses can be.

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