

IF I HAD A HORSE

How Different Life Would Be



BONUS
DVD
VIDEO
INSIDE

BY MELISSA SOVEY-NELSON

PHOTOGRAPHS BY MARK J. BARRETT





AWAKENINGS

If wishes were horses...

Wishes are horses.

*It seems to me we can never give up longing
and wishing while we are thoroughly alive. There
are certain things we feel to be beautiful and good,
and we must hunger after them.*

– George Eliot





Astride a horse as a child, whether a fifty cent ride on a fiberglass image, a rocking horse, or a stick pony, or during a vivid game with friends in the backyard where we gallop wildly in make-believe herds, we become Joan of Arc, Annie Oakley or Pegasus parting the clouds. As children we are large and free to go anywhere our imaginations soar. We may imagine we have hooves instead of bare feet and mighty haunches that propel us, outstretched and full of possibility.



A woman on a horse becomes elevated in powerful proportion to her otherwise two-legged stature. Even as a beginning rider, it is a place of empowerment mixed with the thrill of danger. For many of us this experience opens new doors to adventure, regales the imagination and introduces us to the role of conqueror.

Anaïs Nin wrote, "Dreams pass into the reality of action. From the action stems the dream again; and this interdependence produces the highest form of living." The moment we put one foot in the stirrup and place our bodies and minds horseback, this cycle begins.

*A myth is far truer than a history,
for a history only gives a story of the
shadows, whereas a myth gives a story
of the substances that cast the shadows.*

– Annie Besant





*I shall die very young...
maybe seventy, maybe
eighty, maybe ninety. But I
shall be very young.*

– Jeanne Moreau

I add riding to my list of things that look easier than they are!

Innocent beginnings are often startling, often humbling but are always, unequivocally, as joyful as the essence of youth.

When I am new to anything, I am new to the world again no matter my age. With a youthful persistence, I amble forward.

Nothing brings such innocent joy or such a profound awareness that I am not invincible as the horseback experience.

Compassionate human friends, like parents, comfort with words of reassurance, occasionally dusting me off and helping me back into the saddle. The horse himself, of course, is the most provocative of elders. While forgiving, he demands honesty in my ability, testing my forthrightness and diligence.

I am learning bravery and humility. I am discovering fortitude and a stout heart that I didn't know I had.



I imagine. With reflections on how the horse experience migrates into the way we think of ourselves and of others, and translates into everyday life, this book captures the profound realizations that come from being with a horse. Whether you are an experienced rider or horse owner, or have only imagined a horse in your life, you will be convinced that this compelling messenger is calling and that the invitation is life changing.

"If I Had A Horse would have been stuffed under my pillow and pulled out every night before I drifted off to sleep as I was growing up. As you flip through the pages, the beautiful and moving horse images take you away to fields and pastures to share a moment with a special spirit. Mark Barrett has done a phenomenal job of clearly capturing the mood and feelings of his horse subjects. Along with Sovey-Nelson's deep feeling passages and delightful anecdotes, the pair have produced a volume of dreams and memories to return to over and over."

— Mary D. Midkiff

Author of *Fitness, Performance and the Female Equestrian*
and *She Flies Without Wings: How Horses Touch a Woman's Soul*

"Author Melissa Sovey-Nelson's poetic text melds seamlessly with the striking photos, which display horses in a variety of natural settings and moods. The book could be categorized as both artistic and inspirational. It is clearly one that horse lovers will return to again and again."

— Cynthia McFarland
Ocala Style Magazine



DVD INCLUDED!


Packaged with the book is a DVD, *The Beauty of Horses*, by Mark J. Barrett, featuring elegant equines in motion, in numerous locations and situations!



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