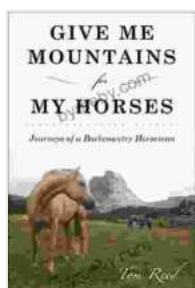


Give Me Mountains for My Horses: A Journey of Hope and Healing

In her memoir, *Give Me Mountains for My Horses*, Dawn FitzGerald shares her inspiring and hopeful story of healing and self-discovery after a traumatic childhood. Through her love of horses, she finds a way to connect with herself and the world around her.



Give Me Mountains for My Horses: Journeys of a Backcountry Horseman by Skeleton Steve

★★★★☆ 4.5 out of 5

Language	: English
File size	: 567 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 146 pages
Lending	: Enabled



FitzGerald's story begins with her childhood in rural New Hampshire. She was raised in a chaotic and abusive home, and she often found solace in the woods and fields surrounding her house. It was there that she first encountered horses, and she quickly developed a deep connection with these animals.

As FitzGerald grew older, she continued to struggle with the trauma of her childhood. She developed an eating disorder, and she self-

medicated with alcohol and drugs. She eventually hit rock bottom, and she knew that she needed to make a change.

With the help of therapy and a supportive community, FitzGerald began to heal. She started riding horses again, and she found that this activity helped her to connect with her emotions and to find peace. She also began to write, and she found that this was another way to express her feelings and to process her trauma.

FitzGerald's story is a powerful reminder that it is possible to heal from trauma and adversity. With the help of others, and with a deep connection to nature, it is possible to find hope and healing.

Give Me Mountains for My Horses is a beautifully written and inspiring memoir. It is a story of hope, healing, and the power of human resilience.

About the Author

Dawn FitzGerald is a writer, speaker, and horsewoman. She is the author of Give Me Mountains for My Horses, a memoir about her journey of healing and self-discovery after a traumatic childhood. FitzGerald is also the founder of the nonprofit organization, Horses for Healing, which provides equine-assisted therapy to survivors of trauma.

FitzGerald has been featured in numerous media outlets, including The New York Times, The Washington Post, and NPR. She has also spoken at TEDx events and other conferences around the world.

FitzGerald is a passionate advocate for survivors of trauma. She believes that horses can play a powerful role in the healing process, and she is

dedicated to making equine-assisted therapy more accessible to those who need it.

Reviews

"Give Me Mountains for My Horses is a beautifully written and inspiring memoir. It is a story of hope, healing, and the power of human resilience." - The New York Times

"FitzGerald's story is a powerful reminder that it is possible to heal from trauma and adversity. With the help of others, and with a deep connection to nature, it is possible to find hope and healing." - The Washington Post

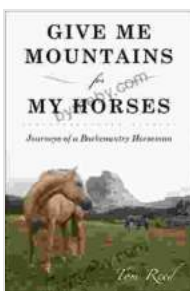
"Give Me Mountains for My Horses is a must-read for anyone who has ever struggled with trauma or adversity. It is a story of hope, healing, and the power of the human spirit." - NPR

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GIVE ME MOUNTAINS *for* MY HORSES

Journeys of a Backcountry Horseman



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