



# **Dancing with Your Dark Horse: How Horse Sense Helps Us Find Balance, Strength and Wisdom**

*Chris Irwin*

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In *Dancing with Your Dark Horse*, Chris Irwin, world-renowned as one of the most successful horse whisperers in North America, further explores the intriguing spiritual connection he has discovered between human and equine nature. Based on his more than twenty years of working with, training, and observing horses, Irwin explains how the characteristics necessary to building good relationships with horses can in turn be used to establish a positive balance between mind, body, and spirit in our own lives. *Dancing with Your Dark Horse* will help readers see that horses have a great deal to teach us about how to live happier, healthier, and more balanced lives.

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