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## Long Shot: My Bipolar Life and the Horses Who Saved Me

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By Sylvia Harris

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Long Shot: My Bipolar Life and the Horses Who Saved Me, Sylvia Harris, An inspiring and searingly honest memoir of how one woman had the strength and courage to change her life. Sylvia Harris was homeless, her children had been taken from her, and she was using crack cocaine. She is also a manic depressive. Now she's a prize-winning jockey with the world at her feet. Alcohol. Lithium. Buddhist chanting. To quiet the voices in her mind, Sylvia Harris tried all of the above. At times, her manic behavior led her to dress up as a cowgirl and show off her imaginary rope skills in the middle of a quaint Northern California village, or spend the night in a torpor of fear awaiting the alien invasion she knew was on the horizon. At its worst, it led her to look for love in all the wrong places and create a family she had difficulty caring for. Although she sometimes found temporary relief and brief moments of calm, darkness always followed. At the nadir of her twenty-year battle with bipolar depression, Harris found salvation in the most unlikely of places: Cardinal Farm, an...



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### Reviews

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*This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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