



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

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

*This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Natalie Abbott**

*This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.*

-- **Rene Olson**