



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

*Sylvia Harris*

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Combine *Seabiscuit* with *Manic*—throw in a touch of HBO’s “Temple Grandin”—and you get *Long Shot*, a truly remarkable memoir by Sylvia Harris. A single mother of three, Harris was crippled by bipolar depression, until she discovered the miraculous healing and calming effect of horses—a revelation that ultimately enabled her to manage her illness, conquer the sexism of her field, and triumph as a champion jockey in the male-dominated world of horse racing. A fascinating, courageous, and ultimately redemptive true story, *Long Shot* has won high praise from Phyllis Chesler Ph.D., author of *Women and Madness*, who says, “[Harris’s] attempt to find balance, joy, connectedness, and purpose in life constitutes a great adventure story.”



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#### **Kari Annis:**

Your reading 6th sense will not betray you, why because this Long Shot: My Bipolar Life and the Horses Who Saved Me guide written by well-known writer whose to say well how to make book which can be understand by anyone who else read the book. Written throughout good manner for you, still dripping wet every ideas and producing skill only for eliminate your personal hunger then you still doubt Long Shot: My Bipolar Life and the Horses Who Saved Me as good book not merely by the cover but also by the content. This is one publication that can break don't evaluate book by its include, so do you still needing yet another sixth sense to pick this specific!? Oh come on your reading sixth sense already said so why you have to listening to another sixth sense.

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