

# What Saving Racehorses Taught Me About Starting Over Facing Fear And Finding My

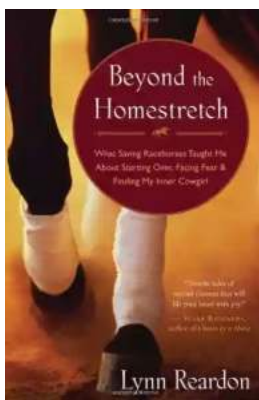
## The Transformative Journey With Racehorses

Starting over can be one of the most daunting and challenging experiences in life. It requires facing fear head-on and finding the inner strength to embrace change. My personal journey of starting over unexpectedly began when I decided to get involved in the world of horse racing and discovered the profound impact it had on my life.

Saving racehorses became my passion, my mission, and my new beginning. In this article, I will share my experiences and the valuable lessons I learned along the way about starting over, facing fear, and finding myself.

## The First Encounter

It all started with a chance encounter at a local horse stable. As I watched the magnificent racehorses being trained, something stirred inside me. There was a connection, an unexplainable bond that made me yearn to know more about these beautiful creatures.



## Beyond the Homestretch: What Saving Racehorses Taught Me About Starting Over, Facing Fear, and Finding My Inner Cowgirl

by Lynn Reardon (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

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Text-to-Speech : Enabled

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Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 304 pages



I mustered up the courage to approach the stable owner and express my interest in working with racehorses. Little did I know that this decision would mark the beginning of a life-altering journey.

## **Embracing Fear and Rebuilding Trust**

Entering the world of racehorses was intimidating, to say the least. These powerful animals demanded respect and trust. Initially, my fear surfaced, questioning if I was capable of forming a bond with such majestic animals.

However, I soon realized that trust had to be earned, both from the horses and from within myself. Each day, I faced my fears and pushed myself to go beyond my comfort zone. Slowly but surely, the horses sensed my genuine intentions, and a mutual trust began to develop.

## **The Story of Amber**

One particular racehorse, named Amber, taught me valuable lessons about resilience and starting over. She had experienced a severe injury during a race, leaving her physically and emotionally scarred. The thought of anyone riding her again seemed impossible.

Witnessing her pain and vulnerability, I made it my mission to restore her faith in humanity. It was an uphill battle, filled with setbacks and moments of doubt. However, every small victory strengthened our bond and allowed us to heal together.

## **Overcoming Obstacles and Finding My True Self**

The journey with racehorses was not without its share of obstacles. From financial struggles to emotional hurdles, every challenge tested my determination to start over. Each setback became an opportunity for growth and self-reflection.

Through the process, I discovered facets of my character that I hadn't known existed. The resilience, patience, and unwavering dedication required to save these racehorses taught me invaluable life lessons. Most importantly, it showed me that starting over is not about erasing the past, but rather embracing it and using it as a foundation for a better future.

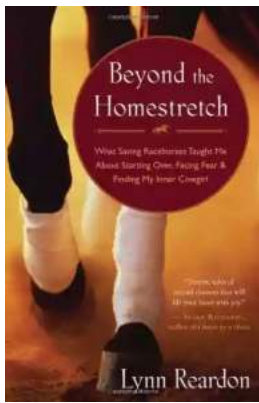
## **A New Beginning**

As I reflect upon my journey with racehorses, I realize that it was not just about saving them; they saved me in many ways. The gratitude and love I received from these majestic beings fueled my determination to continue on my path of starting over.

Today, I stand as a testament to the transformative power of resilience, facing fear, and finding oneself. My life has been forever changed, not only by the racehorses I saved but by the lessons they taught me.

So, whenever you find yourself at a crossroads, afraid to start over, remember the journey I embarked on. Embrace the fear, face it head-on, and discover what awaits on the other side.

Start over, rebuild, and find the true essence of your being. The racehorses taught me the importance of letting go, embracing change, and discovering the strength within. Let them teach you too.



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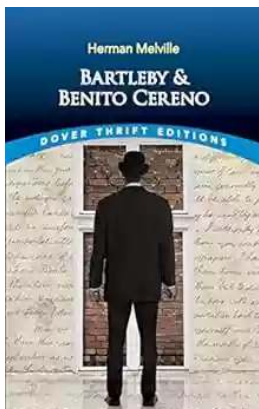
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In *Beyond the Homestretch*, Lynn Reardon shares an unlikely story. In 2002, she quit her Washington, DC–area office job and moved to rural Texas to open the racehorse adoption ranch LOPE. Since then, LOPE has helped transition more than 750 thoroughbreds into new homes. Though now the director of this high-profile organization, Reardon didn't learn to ride until she was an adult. Here she presents a vivid inside look into the world of horse racing, complete with colorful horses, jockeys, trainers, and gallop girls, beautifully depicting the insights horses can offer when we reevaluate our relationship with them.



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