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Saddled: How a Spirited Horse Reined Me In and Set Me Free

Susan Richards

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One day, at the age of thirty-one, Susan Richards realized that she was an alcoholic. She wrote it down in her journal, struck by the fact that it had taken nine years of waking up hung-over to name her illness. What had changed?

Susan had a new horse, a spirited Morgan named Georgia, and, as she says: *"It had something to do with Georgia. It had something to do with making a commitment as enormous as caring for a horse that might live as my companion for the next forty years. It had something to do with love."* Every day begins with a morning ride.

Every day Susan lives a little more and thinks about her mistakes a little less. Every day she learns a little more from Georgia, the kind of horse who doesn't go in for indecision, who doesn't apologize for her opinions, and who isn't afraid to be herself. In Georgia, Susan finds something to draw her back to herself, but also something to keep her steady and focused, to teach her about stepping carefully in unknown territory, to help her learn again about balance.

This is a memoir about the power of animals to carry us through the toughest times of our lives—about the importance of constancy, the beauty of quiet, steadfast love, the way loving a good (and sometimes bad!) animal can keep you going. It's a wonderful story for Susan's (and Georgia's) fans, and for anyone who has ever loved an animal enough to keep on living.

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