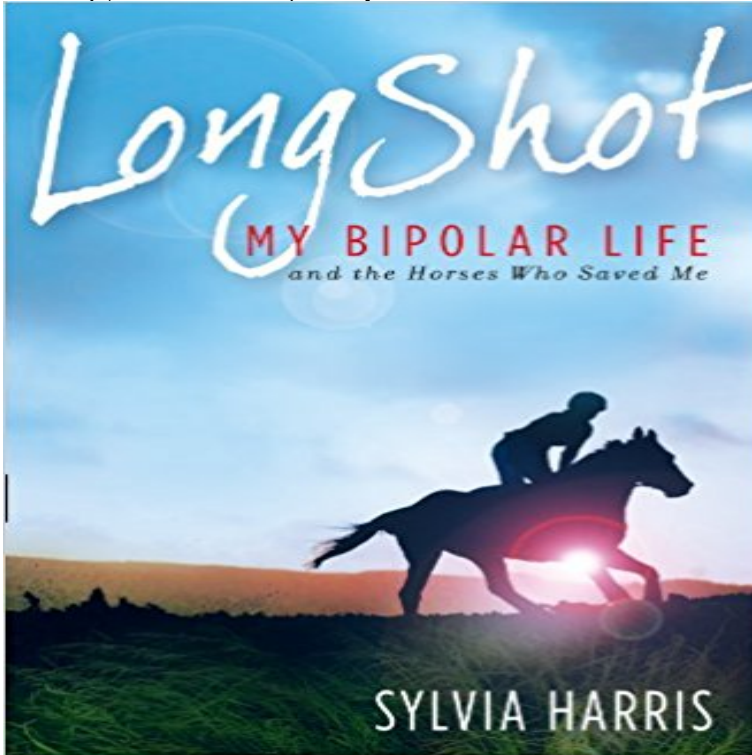


Long Shot: My Bipolar Life and the Horses Who Saved Me



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. Sylvia's life was dominated by the fear of a faceless madness that could take hold without warning, causing terrifying hallucinations, delusions and bizarre behaviour. These could at any moment fluctuate back to ruthless clarity or all-consuming depression. She had been labelled a neglectful mother, was beaten by her boyfriend, snubbed by family and neighbours and in trouble with the law. There seemed no way out. Until she discovered that her childhood love of horses could offer a means of escape, a sanctuary from her isolation. Sylvia felt the exhilaration and danger of riding, the joy of connection to these strong and graceful creatures, the redemptive focus and intuition of the race, the pure ecstasy of finishing, of winning, of beating her demons and all the people who never believed she would succeed, and never looked back. As unforgettable as Seabiscuit and as touching as Horse Boy, Long Shot is for anyone who has been at life's lowest ebb and survived.

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