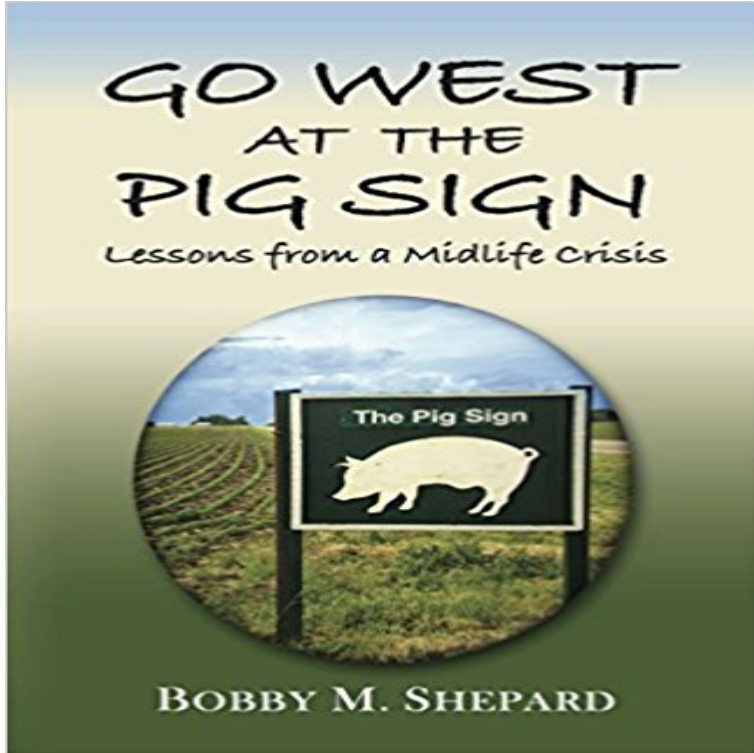


GO WEST AT THE PIG SIGN: Lessons from a Midlife Crisis



Everyone has a story to tell, but not necessarily the time or opportunity to tell it. In my memoir, *Go West at the Pig Sign*, I share my story with themes that are likely quite familiar to many people. Themes such as: feelings of inadequacy, broken trust, abandonment, abuse, and loss. But I also tell of the joy I have experienced as I have been redirected, mid-life, into new worlds “those I never would have found had it not been for my shattered dreams. For one, I found my way back to horses. I rode as a kid and was passionate about all things horses. But as I pursued college, then marriage, job and motherhood, horses faded into the far recesses of my mind. Then, as my adult life began to unravel, my children ironically asked for riding lessons. As often happens, one thing led to another, and before I knew it, I was being nurtured and guided by the healing power of horses. Not just sitting on the sidelines, watching their lessons. For another, I found my way to a neighborhood that was West of the Pig Sign. It turned out to be just what I needed to come back to life. It included community, laughter, friendship, purpose, and of course, horses. As I made my way through my hurt and confusion, certain truths became crystal clear to me: 1) We are not alone. 2) Our pain does not need to be wasted. 3) Our broken pieces can be redesigned into something beautiful, useful and inspirational. These things are true, no matter what our story is.

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