

To: Combat Veterans Cowboy-up

Being out at the ranch and working with the horses has been such a blessing. I feel free when I'm out there around the animals and open space. When I'm around the horses they make me forget about all the past thoughts that have invaded my mind for so many years. John + Sharron are another reason I look forward to going out to be around the horses. They have given me insight to so many problems and tools to work with to try and deal with them working thru the horses. Horses seem to have senses that we do not know about. To get a

horse to trust you is a feeling
of accomplishment and relates to
problems of trust we as combat
vets w/PTSD have a problem with
in everyday life.

I've been in Cowboy-up Equine
therapy since Sept 2008, I haven't
completed my program yet but
I look forward to being out
at the Ranch every week!