



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

*Sylvia Harris*

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Combine *Seabiscuit* with *Manic*—throw in a touch of HBO’s “Temple Grandin”—and you get *Long Shot*, a truly remarkable memoir by Sylvia Harris. A single mother of three, Harris was crippled by bipolar depression, until she discovered the miraculous healing and calming effect of horses—a revelation that ultimately enabled her to manage her illness, conquer the sexism of her field, and triumph as a champion jockey in the male-dominated world of horse racing. A fascinating, courageous, and ultimately redemptive true story, *Long Shot* has won high praise from Phyllis Chesler Ph.D., author of *Women and Madness*, who says, “[Harris’s] attempt to find balance, joy, connectedness, and purpose in life constitutes a great adventure story.”



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