

My Favourite Read

Power in the Paddock by **Yolanda Sing**, Equine facilitator, coach and writer shares her story of finding courage with NewYou.

It took me many years to find the courage to write this book. Part of my reluctance stemmed from the fear that people will look at me differently and treat me differently if they knew that I was a brain tumour survivor. Part of it was fear that my words wouldn't be powerful and that nobody would read my book.

But mostly, it was the pain of remembering.

I am not sure where the turning point was that liberated me to have the courage to tell the story, but here I am. If my story inspires just one person, it was worth the risk.

If you are currently dealing with a life-challenging disease or are caught up in a career that does not inspire you, keep on reading. Even if neither of these categories applies to you, but you found this book in your hands, keep on reading, because when the student is ready, the teacher appears.

Cyntha Gonzalez, Human Relations Coach, Seminar Leader, Writer on Yolanda...

It took the wake-up call of a malignant brain tumor for Yolanda Sing to ask herself if she could continue living a stressful corporate lifestyle that brought her no meaning or joy. *Power in the Paddock* is an inspiring account of her favourite polo pony, Erika, and of the extraordinary healing journey that saw Yolanda heal from cancer and further take the leap and follow her greatest dream of living and working full time with her beloved equine creatures back in her home country of South Africa. Her emphasis on spiritual surrender reinforces the resolve of any reader facing his or her own significant life challenges.

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