

# New Memoir to Inspire Women

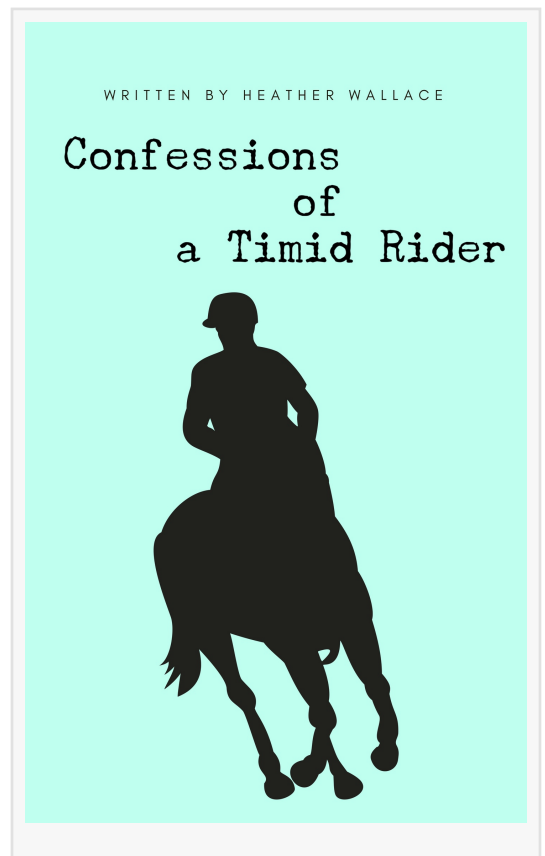
RED BANK, NJ, UNITED STATES, June 8, 2018  
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[Equestrian](#) Writer to Publish New [Memoir](#), Confessions of a Timid Rider

Heather Wallace  
Email: [heather@timidrider.com](mailto:heather@timidrider.com); website:  
<http://www.timidrider.com>; Phone: 732-784-7195

Confessions of a Timid Rider is a memoir detailing one woman's insights into being an anxiety-ridden but passionate equestrian. After returning to riding as a mother, she is determined to follow her dreams despite the fear she is somehow lacking in talent or ability. An in-depth look into the heart and head of a returning adult equestrian, this message is not limited only those with horse experience. In fact, Confessions of a Timid Rider is the perfect [book](#) to read for anyone whom even for a moment questions their value in their designated profession or life choice. This book will inspire you to pursue your dreams despite the inner voice that says you aren't good enough.

Confessions of a Timid Rider  
By Heather Wallace  
Published by Water Horse Press  
Copyright 2018, All rights reserved.  
\$5.99 US Kindle Ebook; \$12.95 US Paperback  
Publication date: June 8, 2018. Now available at [www.timidrider.com](http://www.timidrider.com) and on Amazon.



“

Let your passion be greater  
than your fear.”

*Heather Wallace*

“Let your passion be greater than your fear”.

#### About the Author

Heather Wallace is a certified equine and canine sports  
massage therapist, author, and photographer. After

working for 12 years in the medical publishing industry, she changed careers to fulfill her dream of working with animals. Heather is the writer for her successful blog, Bridle & Bone, which focuses on horses, dogs, and holistic wellness. She has written for Equine Info Exchange, Holistic Horse Magazine, and Sidelines Magazine and will be attending The Gobi Desert Cup this year to document the journey for the organizers. Her first book, Equestrian Handbook of Excuses, was chosen as a 2017 Literary Selection for Equus Film Festival. Please contact Heather if you would like a review copy, or you are interested in an interview.

Heather P Wallace  
Water Horse Press  
7327847195

[email us here](#)

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