

By Sasha Mullins  
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Riding a motorcycle is an extremely personal, enchanting and often times spiritual experience. When an accident happens, the tragedy is haunting on so many levels. The rider is left not with just an injured body, but with an injured soul and an injured psyche because of the extreme attachment to the activity of riding their beloved motorcycle, the quest for adventure and so forth.

Brenda L. Bate's book, *Back in the Saddle Again*, is very important to the recovery process of the rider on all levels. And, based upon it's unique philosophy from this motorcycle riding doctor of psychology, the book is a practical read not just for the injured rider, but for anyone seeking enlightenment and healing based upon the metaphors and archetype of the motorcycle and the ride. I highly recommend this book based on my own personal experiences as a caregiver to a severely injured rider who is now back in the saddle again.

-Sasha