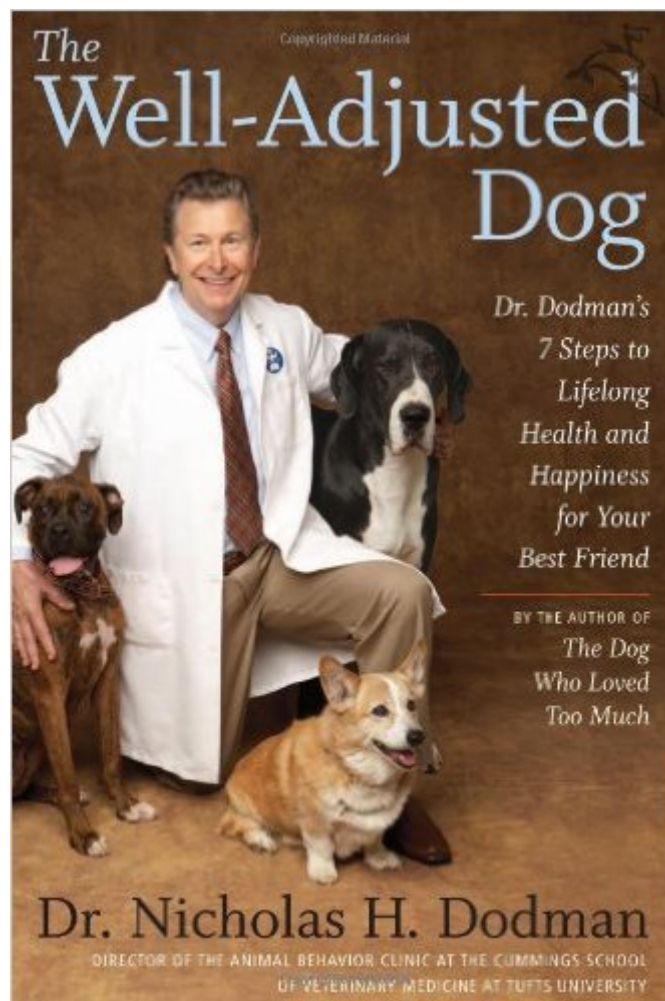


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# The Well-Adjusted Dog: Dr. Dodman's Seven Steps To Lifelong Health And Happiness For Your Best Friend



## Synopsis

One of the greatest myths in dog ownership is that once a puppy is housetrained and has graduated from a puppy training class, an owner's work is done. In fact, that work is just beginning. Forty-two percent of dog owners in this country report problems managing their dogs' behavior. Our nation's pounds and shelters are teeming with dogs who have been given up for just this reason. But it doesn't have to be this way. As Dr. Dodman points out, almost every dog problem can either be treated or, better yet, prevented. Every dog has the potential to be happy and well adjusted. In *The Well-Adjusted Dog*, Dr. Dodman shows you how, offering what he calls "continuing education" for dogs and their owners. A comprehensive, seven-step approach takes on the whole dog—his health, behavior, and environment—and lays the groundwork for the proper care and training of your best friend, for life. You will discover "how much exercise your dog really needs (and why)" "how diet can affect behavior" "how to communicate clearly with your dog and understand dog body language" "how to lead your dog, not dominate him" "how to prevent or deal with fearful conditions" "how to optimize your dog's environment" "how to address medical problems that might underlie unwanted behavior" In this essential new book, Dr. Dodman draws on some twenty-five years of clinical experience to bring together the art—and science—of dog ownership. His approach is based on the latest research as well as a unique understanding of the whole dog. It's also proven to work, and to work long term. Only in *The Well-Adjusted Dog* will you truly find what every good dog owner should know.

## Book Information

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## Customer Reviews

When dogs are behaving badly or inappropriately, their people often don't know where to turn, or what to do. Sometimes, an animal communicator can help to assuage a conflict, ease an anxiety, or curb a bad habit by discovering exactly why the dog is doing what he's doing, from his perspective, and that "direct from the source" input can often be extremely helpful in restoring a sense of normalcy. But for the chronic offenders, it can be useful to consult an animal behaviorist, and Dr. Nicholas Dodman, Director of the Animal Behavior Clinic at Tufts University's Cummings School, is one of the best. One of the most important contributions of his new book, "The Well-Adjusted Dog," is that it dispels prevalent myths and misconceptions about what works and doesn't work to curtail unwanted or destructive behavior patterns. Dr. Dodman's philosophy is simple and straightforward: "Your job as a dog owner is to try to understand your dog's life from his point of view, and to lead and protect, not to dominate, punish, and force a dog into submission. . . Real leaders do not dominate; they listen, think, and often defer. Real leaders do not intimidate; they instill confidence. . . "The human-companion animal bond is not forged through the metal of the choke chain or prong collar but rather through mutual trust and respect." Even compassionate, well-intentioned, and experienced canine caretakers may be astonished to learn that some of their assumptions about what their dog requires for nutrition, exercise and training are just plain wrong. For example, the amount of exercise a dog really needs may really blow your mind. Let's just say that a stroll around the block twice a day isn't enough.

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