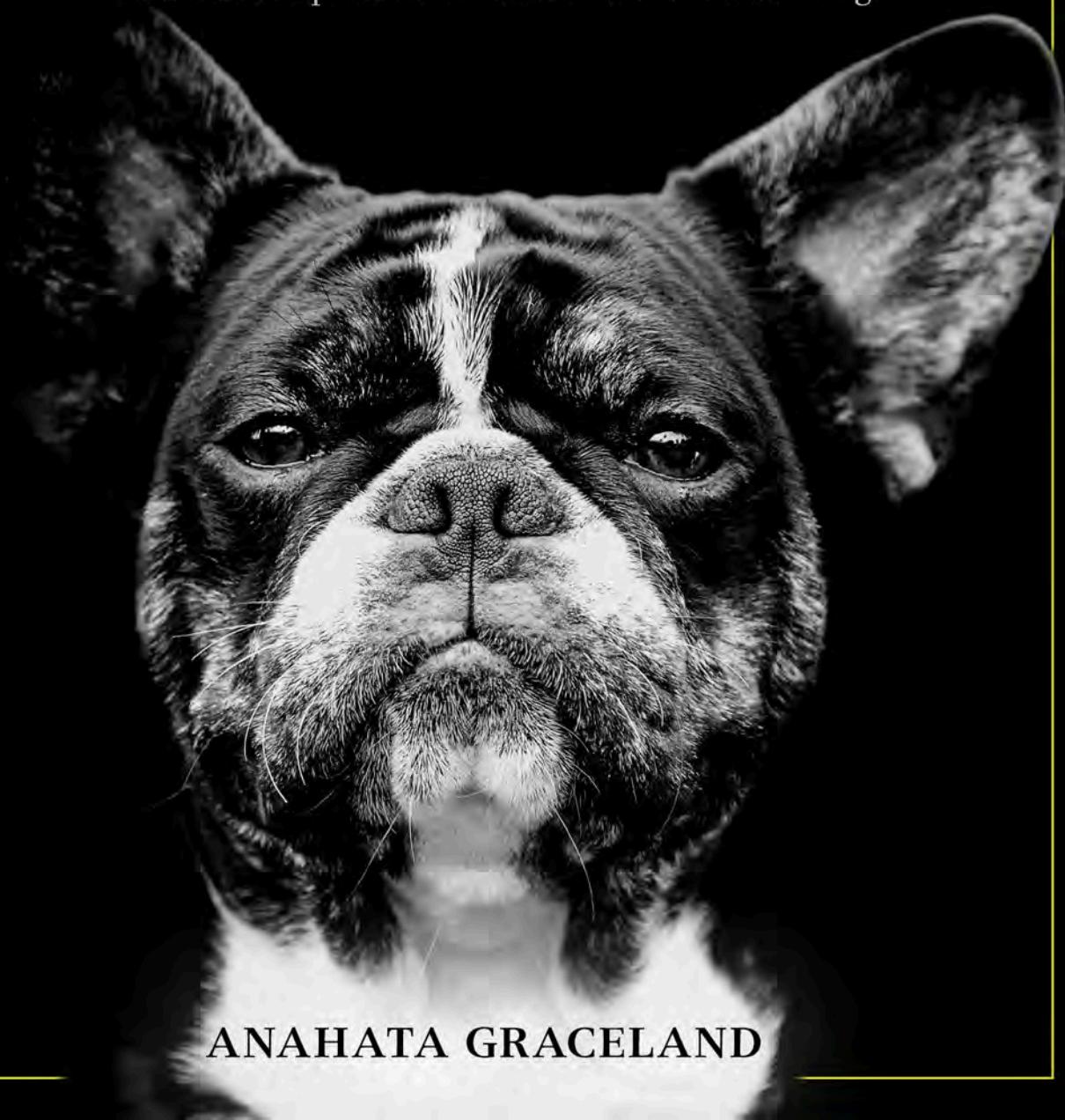
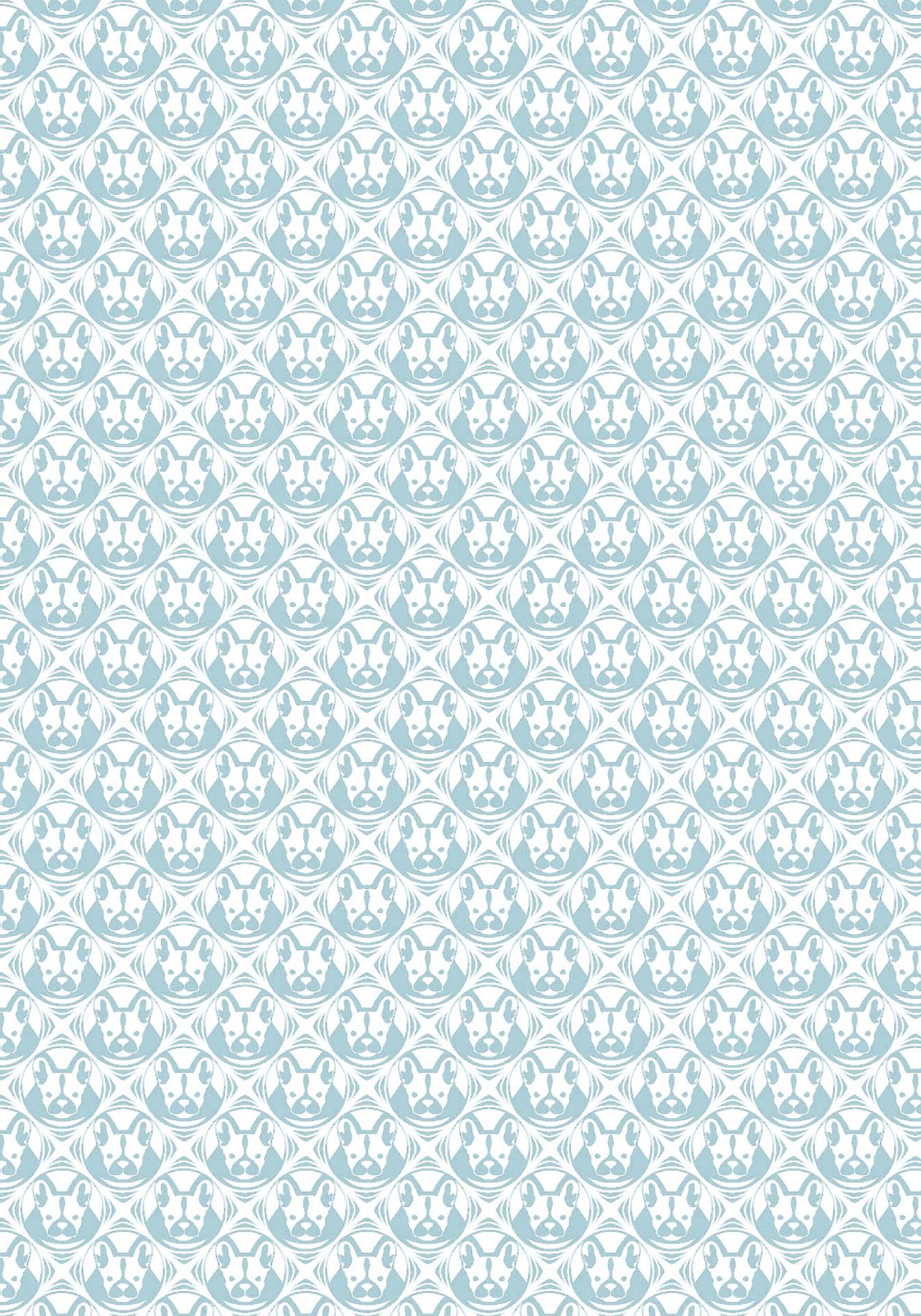


# *The* **WAY** *of the* **DOG**

A Guide to Intuitive Bonding and Creating  
an Interspecies Culture with Your Dog



**ANAHATA GRACELAND**



**Also by Anahata Graceland**

Doglish to English

Prepared Pets: The Essential Guide to  
Pet Safety for Emergencies & Natural Disasters

Dog Safety Guide for Your Home



The Way of the Dog



*The*  
**WAY**  
*of the*  
**DOG**

A Guide to Intuitive Bonding and Creating  
an Interspecies Culture with Your Dog

ANAHATA GRACELAND

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*This book was lovingly produced by Royal Frenchel and Tail Wagging Love*





Turn Companionship into Culture.

Love into a Practice.

And Memory into Legacy.

– Anahata & Mr. White

# Dedication

My depth of love for dogs is what allowed me to live the love  
I felt the first time I looked into my mother's eyes.

As a young adult, I used to tell her she was too soft...  
that she didn't know how to stand up for herself.

But as I aged, alongside one of my dearest dog family and  
friends, Mr. White, I came to see something different.

They both seemed to understand an equation about  
life that reached beyond all the clever strategies I'd  
heard from even the smartest of people.

Today, I feel the silence of love that swarms about us all.  
It is the space where dogs and nature live.

A sea of life, teeming with possibility,  
awaiting only the direction from who we are  
and the acts we commit to blossom the world before us.

My gratitude flows through the lineage of dogs  
I've had the honor to walk beside.

Pamper, my Boxer friend at the start of my life.

Chichi, my grade school buddy who waited  
for me at the bus stop each day.

Captain and PoPo. Cappy. Violet.

Henry G, Georgie, Lolli, Griffi, Billy,

Eddie...

Mr. White.

And now, SnowBo and Rocco.

These sweet beings kept me tethered to the first wisdom my  
mother gave me so courageously:  
that love, true, living love—  
outshines every ego-driven, addictive, or greedy  
plan I might think I needed to follow.

She made the impact.  
Her pack of nature sprites and  
soulful leaders took it from there.

So when you read this book, bless yourself  
with the simplicities of life,  
the moments you put off.

The richness of knowing, truly knowing,  
that you are safe in the arms of forever.

Forever seen.  
Forever known.  
By creation itself.

And your dog.

Sound a bit out there?  
I no longer think so.

May you find the same.

—Anahata



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## **Dance of Souls: A Tribute to the Dog-Human Bond**

---

In the dance of life, where human meets hound,  
A bond is formed, deep, profound.  
Not of master and pet, but of souls intertwined,  
A wisdom shared, a connection enshrined.

Dogs teach us much, in their silent way,  
Of love, of trust, of a brighter day.  
In their eyes, we see the world anew,  
A perspective pure, honest, and true.

Respect, they give, not in words but deeds,  
A mirror to our souls, fulfilling needs.  
They mimic our joy, our sorrow, our play,  
In a dance of life, that's here to stay.

Intuition speaks, in a language unseen,  
A bond beyond training, beyond routine.  
They sense our heart, our fears, our cheer,  
Guiding us through life, always near.

Consistency, the rhythm of our shared days,  
In routines and rituals, where trust plays.  
A predictable world, where both can rest,  
Knowing the other, as the best.

But in joy and play, the heart truly sings,  
Adventures together, on simple wings.  
From puzzles to parks, laughter to learn,  
In play, we connect, we grow, we yearn.

For in this bond, we find a higher call,  
To live with wonder, to embrace it all.  
Dogs are our teachers, our guides, our friends,  
In their wisdom, our journey never ends.

So here we stand, at the heart of this book,  
Where human and dog share one look.  
A life of wisdom, love, and play,  
A soulful connection, come what may.





# FOREWORD

”

Take what resonates,  
leave what doesn't,  
and remember:  
the essence of this  
book is to foster joy,  
understanding,  
and a soulful  
connection with  
your dog.

— Anahata Graceland

---

# Before you dive into the pages ahead, I want to set the stage for what you're about to experience.

This book is filled with countless ways to understand your dog better, deepen your bond, and enrich both of your lives.

But here's the thing: this isn't meant to be another task on your to-do list or a checklist you must complete to prove you're a good dog person. Far from it. This book is designed to inspire, not to overwhelm. It's about offering you options, not obligations.

Everyone's life is different. You might be someone who thrives on routine, or perhaps you're more of a spontaneous adventurer. Your dog, too, has unique needs, interests, and energy levels. Some of you may be looking to enhance your intuitive connection with your pup, while others may simply want to learn how to make daily life more enjoyable for both of you.

The exercises and insights in this book are tools in your toolkit. Use them to stimulate a better understanding of how to live harmoniously with your dog. If you're keen on developing greater intuition, you'll find paths to explore that aspect of your relationship. But if some activities don't resonate with your lifestyle or your dog's personality, that's perfectly okay. The goal isn't to turn every day into a performance review or to add more work to your plate.

This book is here to enhance your relationship with your dog, helping you get to know your dog in ways you might not have considered before. It's about celebrating what makes your unique partnership special. It's about being yourself, and your dog getting to know you better because of it. Take what resonates, leave what doesn't, and remember: the essence of this book is to foster joy, understanding, and a soulful connection with your canine companion.

Here's to exploring the wonderful world of dog-human relationships together, at your own pace, in your own way.

Happy Reading,

*Rare, "The Rare Bird," Anahata Graceland*





# HOW TO USE THIS BOOK

”

The greatness of a nation  
and its moral progress  
can be judged by the way  
its animals are treated.

— Mahatma Gandhi



---

# Welcome to *The Way of the Dog: A Guide to Intuitive Bonding and Creating an Interspecies Culture with Your Dog.*

This book is your guide to enhancing your relationship with your dog, turning every day into an adventure of learning and love. Let's look at how to make the most of the tools in this book.

---

## • Exercises: Try Them Out, Adapt, and Enjoy

---

Each chapter offers exercises that are practical applications of the concepts discussed. They are meant to be fun, insightful, and bonding activities. Engage with these exercises when they feel right for you and your dog. They're here to inspire and guide your interactions, not to burden you with additional tasks. You may want to modify the exercises to suit your dog's personality or your schedule. The key is enjoyment and learning, not perfection. These exercises are also in the **Mr. White AI Dog Buddy** tool <https://MrWhiteAIDogBuddy.com>, which is described later in this chapter. You can also find them bundled together with the checklists in the appendix at the end of this book, making it easy to look at them all at once.

## Checklists for Life with Your Dog

---

Each chapter concludes with a checklist. I call these “Living the Way of the Dog checklists.” They are not meant to be tackled all at once. Instead, consider using one checklist per week. That way, you can focus on integrating the lessons from each chapter into your daily life with your dog without feeling overwhelmed. The checklists are also in the **Mr. White AI Dog Buddy** tool, and with the exercises in the appendix. Here are some suggestions for using these checklists:

- ⌚ **CUSTOMIZE YOUR APPROACH:** Not every item in every checklist will apply to you and your dog. That’s okay! Use them as a starting point to create your own personalized checklist. Pick a few items from each list that resonate with you or address areas you want to improve. Over time, you’ll have a checklist that’s uniquely tailored to your lifestyle and your dog’s needs.
- ⌚ **MAKE IT YOUR OWN:** Feel free to adapt, add, or remove items as you see fit. Maybe you’ll find that some practices from [Chapter 3](#) on communication blend well with [Chapter 9](#)’s emphasis on play. Or perhaps you’ll decide to focus on health check-ins from Chapter 10 because it’s the current priority for your dog.
- ⌚ **REFLECTION AND ADJUSTMENT:** Each week, after using a checklist, take a moment to reflect on what worked, what didn’t, and how your dog responded. Use these insights to refine your approach for the next week. This isn’t about perfection; it’s about progress and connection.
- ⌚ **A LIVING DOCUMENT:** Think of these checklists as a living document, evolving as you and your dog grow together. They’re tools to help you remember and apply the wisdom from this book, not rigid mandates.
- ⌚ **COMMUNITY SHARING:** If you feel inclined, share your customized checklists or your experiences with the exercises on social media or in dog-lover communities. Learning from each other enriches everyone’s journey with their dogs.

By approaching the checklists this way, you get to enjoy the journey of learning, adapting, and growing with your dog without the pressure of doing everything at once. Remember, the goal is

to create a joyful, soulful connection, and these checklists are here to guide and support you along that path.

As you work through the exercises and checklists, track them in a journal so you can track your progress and keep a record of key learnings. If you prefer to do this online, I have tools for you that I will describe in the next section.

## ❖ Tools: Mr. White AI Dog Buddy Portal and The Legacy of Love Dog Hub

---

Mr. White was my personal friend and service dog. The Mr. White AI Dog Buddy portal was developed in his honor. He was my beloved companion and a stalwart friend in my life. For over 16 years, his unwavering loyalty, unbelievable intuition, and constant presence saw me through every challenge and filled my days with much comfort, laughter, and joy. He was like a real-life Yoda. Inspired by Mr. White's extraordinary spirit and the profound bond we shared, I created the Mr. White AI Dog Buddy Portal and Legacy of Love Dog Hub to carry forward the legacy of love he left in my life. Through this AI tool, Mr. White's compassion, wisdom, and devotion live on, continuing to serve others just as faithfully as he served me.



Mr. White, Anahata's service dog

**Get your Personal Portal in the Mr. White AI Dog Buddy tool (<https://MrWhiteAIDogBuddy.com>)**. This book is actually embedded inside the portal so you can take notes directly on the electronic version that are stored in Mr. White's memory. I strongly recommend this approach.

As you go through this book and do the exercises, also take note of the new experiences you have with your dog in stories and images. The **Legacy of Love Dog Hub** will organize your input for you to refer back to at any time.

You can learn more about these tools in [Chapter 12](#). Use them at your own pace and in your own way to create a relationship that's not only about training or routine, but also about shared laughter, love, and growth.

Here's to your journey together, filled with wisdom, adventure, and the deep, soulful connection only dogs can bring into our lives.





I N T R O D U C T I O N

# THE TIMELESS BOND BETWEEN HUMANS AND DOGS

”

The love of a dog is a  
pure thing. He gives you  
a trust which is total.  
You must not betray it.

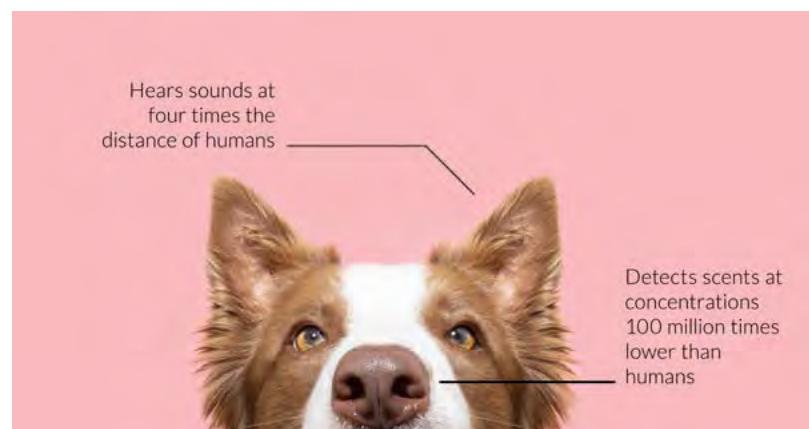
— Michel Houellebecq



# From the dawn of our shared history, dogs have been more than mere companions.

They've been task minders, partners, protectors, and now, cherished family members. Over 30,000 years ago, the ancestors of our modern dogs began to live alongside humans, their keen senses, loyalty, and adaptability making them invaluable as partners in hunting. Yet, as we've evolved together, so too has the nature of our relationship. Today, dogs fulfill roles once reserved for human kin, reflecting profound shifts in our societal structure and personal lives.

Historically, dogs have served in capacities from hunting to herding, their intelligence and physical prowess aiding human endeavors. But their role has transcended these practicalities. With senses far superior to ours—detecting scents at concentrations 100 million times lower, hearing sounds at four times the distance—dogs have always been more than just helpers; they're gifted beings capable of complex social interactions.





In 2023, Seattle had 160,000 dogs compared to 110,000 children under 18.

In our modern era, we're witnessing a cultural transformation. Cities like Seattle now have more dogs than children, with statistics from 2023 showing approximately 160,000 dogs compared to 110,000 children under the age of 18. This trend isn't isolated to Seattle; states like Colorado and Oregon, with dog-friendly cities like Portland, Austin, and San Francisco, follow suit. Research, including a 2022 survey by the American Pet Products Association, reveals that 33% of women without children consider their pets to be their "children," driven by career priorities, financial considerations, and a lifestyle that favors mobility and less responsibility.

This shift highlights a new paradigm in our understanding of hierarchy and roles within our lives. Traditionally, the concept of hierarchy in dog-human relationships has been viewed through a lens of dominance and control. However, this book challenges that notion, proposing instead a model where hierarchy emerges from balance and fulfillment of needs, much like in a well-functioning pack or a forward-thinking company.

Leadership, in this context, isn't about power or fear of loss but about ensuring the well-being of the whole. Studies on leadership styles, contrasting authoritarian with servant or transformational leadership, provide a parallel to how we should interact with our dogs. Just as in organizations where each role contributes to the collective purpose, in our homes, every member—human and canine—has a role that supports the family's health and happiness.

The breed I created, called the Royal Frenchel Frenchie, can have different roles, some of them lifesaving. Dogs like Lilly, who ran to get help at the local coffee shop when her person suffered a stroke and lay helpless and unable to move on the ground, or like my dog Diva, who sensed and signaled I was about to have a seizure on a flight, saving me from a life-threatening health issue that involved seizures of my arteries to my heart. It allowed the plane to return and get me the medical support I needed at a nearby hospital in time. These events exemplify the precious and priceless partnerships we have with our dogs. They're not just pets; they're guardians, healers, and sometimes our saviors, showcasing an intelligence and intuition that we're only beginning to appreciate fully.

*The Way of the Dog* explores how we can nurture this relationship to its fullest potential, not through dominance but through understanding, respect, and the celebration of roles that we each play in this interspecies family. It delves into the development of an intuitive connection, fostering a culture of mutual respect, and embracing the roles that lead to a life of harmony, wonder, and joy.

This book also focuses on intuitive development between humans and their dogs. It delves into how we can enhance our intuitive connection, learning to communicate with our dogs in ways that transcend words or commands. Dogs, with their ability to read human emotions and body language, communicate more broadly with us than we might realize, fostering a deeper, empathetic relationship.

At the heart of this exploration is the inclusion of a special exercise, **5-Minute Hands-On Play**, in [Chapter 7](#). This is a unique method I created, borne from over 50 years of experience as a breeder. It is designed to strengthen this intuitive bond, develop the intuitive centers of the brain in both dogs and humans, promote mutual understanding, and enrich the lives of both people and their dogs.

Here, we'll learn how to listen, communicate beyond words, cultivate intuition, establish consistency, and most importantly, recognize the incredible capabilities of our dogs, moving beyond outdated hierarchies to a model where every being is valued for the unique contributions they bring.





CHAPTER ONE

# YOUR DOG AND INTERSPECIES COMMUNICATION: BUILDING YOUR CULTURE

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True communication with your dog begins the moment you stop teaching and start listening. From there, you build not just obedience—but a shared world.

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Anahata Graceland



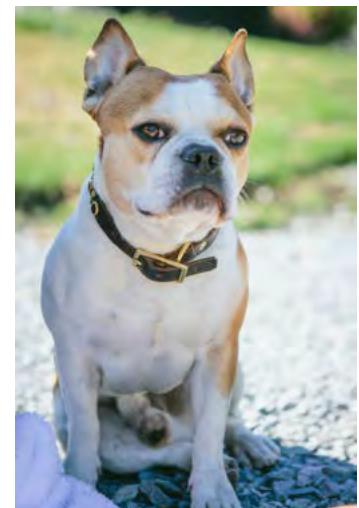
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I have been a breeder for more than 50 years. And over the last 20 years. I created a dog breed known as Royal Frenchel Frenchies ([www.RoyalFrenchel.com](http://www.RoyalFrenchel.com)).

Here at Royal Frenchel, the most important part of living with dogs and training is the attitudinal context you bring to your dogs. The key is adopting an attitude that you're connecting with a beloved friend, an endlessly valuable individual you'll learn more about every day. This is the foundation of a truly great relationship.

While dogs have been part of human lives for centuries, our understanding of them and what it takes to build healthy relationships is always evolving. We've welcomed dogs into our homes and made them part of our most intimate families, yet sometimes we fall back on outdated ways, treating them like objects rather than cherished companions. When we do this, we miss their needs, and they can become anxious, mistrustful, or even disobedient.

It's easy to have a natural, intuitive relationship with your dog—one that's fulfilling and free from struggle. It just takes getting to know them as a unique personality and someone so special that no one could ever take their place. I'm going to share **5-Minute Hands-on Play**, a simple way to start. It's a fun, effective exercise to deepen your bond. If you have a Royal Frenchel, you've received this training from me. If not, you can find it in [Chapter 7](#).



Adult Royal Frenchel Frenchie

The key, first and foremost, is to connect with your dog through your heart, in a soul-to-soul way. Sounds a bit out there? Ask someone you love if they'd want you to connect with them like that. No one ever says no. It's the most important thing you can do. It feels good and it's easy.

Simply focus on a mind of inquiry, holding an interest in truly knowing who your dog is. Look to understand them in detail, learning more intimately about them each day. Ask your dog questions, then hold some silence afterward, resting in the quiet space that holds the answer. You won't always hear a reply, but over time, you'll gain insights, a sweet closeness, and a knowing that replaces rote interactions. You'll feel a deep love and affinity for your four-legged friend in a new way, intuitively slowly coming to "know" things about them.

## **Human-Canine Laws**

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### **First Things First: A Person's Responsibility to Their Dog**

Because we've bred dogs for our joy and brought them into our world, I believe the first responsibility in a healthy human-canine relationship falls to us. That's why I follow three laws every day to create balance and well-being with my dogs.

#### **Law #1: Witness**

Witnessing your dog means truly seeing them by connecting—from your heart—with an interest in who they are. Every day, look into your dog's eyes and see the individual they are. Notice, observe, wonder, and cultivate a sense of inquiry into their depth and who they are as people (I think of my dogs as people—they're part of the family too). Make it fun to discover something new about them each day. As you relate to them as an individual, you'll learn the subtle details of their behavior, their personality, and what they need to be happy and balanced. And you will enjoy it naturally because humans are just created that way. We enjoy valuing life and its uniqueness when we witness it in another animal or human.

#### **Law #2: Consistent Physical Care**

Your dog's physical needs—food, water, rest, outdoor time, and grooming—must be met consistently. Rhythm and timeliness



matter. Like children (or adults), dogs thrive on regular feeding times, outdoor breaks, and ample rest. Meeting these needs helps them relax and become trusting companions.

Think of someone everyone loves—maybe the old guy up the street, always reliable, with a kind word or a candy in his pocket. That steady, slow-moving reliability is a way of life worth embracing with your dog.

### **Law #3: Attentive Interaction**

You need wholesome, interactive time with your dog every day, where your focus is entirely on them. It might be play, cuddles, or something else they love. Make it nourishing, tailored to your dog, and something you genuinely enjoy. Look into their eyes and engage in what brings you both joy.

If you have a pack of dogs, each one needs individual time. Give at least 5 to 10 minutes of this canine-specific attention daily, focused on your dog and their world. Not just petting them while you check your emails. You'll have those moments—gardening, cooking—where you share energy, but those aren't canine-specific. They can't replace time centered on your dog.

Here's the wonderful thing: 5 to 10 minutes of canine-specific interaction each day, alongside doing what the other laws sug-

## A PERSON'S RESPONSIBILITY TO THEIR DOG



**Law #1** Witness



**Law #2** Consistent Physical Care



**Law #3** Attentive Interaction

gest, is usually enough to keep your pup balanced. Dogs are inherently happy creatures—they love the rhythm of daily life. Meet them in that joy, and they'll stay content, weaving other activities into a positive flow. You create a joyful feedback loop, and you get to step into it too!

These laws set the stage for all my interactions with my dogs. They also govern my right to correct unwanted behavior. If I've been absent and my dog acts up, I don't just correct them. First, I re-establish **Law #1: Witness**, getting close and noticing what's going on. Then I incorporate the other two laws. I give at least 15 positive inputs: petting, a treat, a kind word, before correcting. No, I don't count the interaction. I simply overwhelm myself with their goodness, recognizing all they are first. Once this is a habit, it's astounding how well it works to ease the way of living well with your dog and dealing with any challenge.

Take my dog Bongo, who needed cleaning twice daily due to a quirky tail. When I cleaned him, I used warm water, looked into his eyes, and talked to him about his day. It's specific, caring, and he comes to me excited for our ritual, even though it's not comfortable for him. If I cleaned him mindlessly, just to get it done, it'd be a negative input, eroding trust. That's the difference between practicing all three laws instead of just one.

Dogs know who the pack leaders are—those who command respect with eye contact, calm presence, and care, not dominance. These behaviors let dogs know who the pack leaders are:

- ❶ They command respect with eye contact, calm presence, and consistent behavior.
- ❷ They don't abuse power or mistreat the pack.
- ❸ They know every individual, recognizing their unique role.

These leaders are often quiet, watchful, and not loud dominators. When we practice all three laws, we embody this worthy leadership, and our dogs naturally respond. This unlocks a deeper connection, blending our human energies with their canine instincts for richer communication and joy.

As you live these laws, you'll develop an intuitive capacity to know your dog. This isn't strange, it's the natural result of paying attention. You'll notice hundreds of tiny cues—muscle

twitches, eye flicks, or how they move in their space. Your mind can't catalog them all, but your intuition will weave them into insights. You might see flashes of their day in your mind (like who's feeding them when you're away or hearing their bark in your mind's eye) while you're out, later learning a stranger stopped by. I've called my kennel from miles away, sensing my dogs barking, and asked the team to bring them in. New staff are amazed, and yet, it's just the magic of truly knowing your pack!

You might feel gut instincts too, such as checking their well-being because their step seems off or sensing they need a bathroom break. These moments become another language between you and your dog, growing from the three laws well lived. The more you witness, care, and engage, the more you'll feel like trusted friends, sharing a flow that's fun and effortless.

If you want to dive deeper into intuition, drop me a note at [Anahata@  
TheWayofTheDogBook.com](mailto:Anahata@TheWayofTheDogBook.com). I'll keep you on my mailing list for our training series on growing this intuitive connection and bond.

### **A Dog's Responsibility to Their Person**

Once I'm meeting my dogs' needs through the three laws, I expect certain things in return. For example, they know where to go to the bathroom, and if they slip up, they're in "trouble"—even days later, because our relationship is strong. Housebreaking is easy when you've built trust—it's less about training and more about saying, "Hey, we're a team; no messes in our space!"

Every dog has unique traits tied to their breed or personality. Take my dog Bella, a working breed. If she doesn't have tasks, she gets snippy or restless. Because I witness her (Law #1), I know this and give her jobs to stay balanced. If she's cared for but still growls at a guest, I correct her:

“ The more you witness, care, and engage,  
the more you'll feel like trusted friends...

- ⌚ I get close, verbally correct, and lightly nip her neck with my fingers (mimicking a canine nudge), saying out loud, “Absolutely not.”
- ⌚ I distract her with play or another activity.
- ⌚ If she misbehaves again, I use a firmer tone and a slightly stronger nip, then ignore her for 5–20 minutes . . . no treats, no attention.

This shows her that the behavior doesn’t work. A third correction is rarely needed when the relationship is solid. Dogs aren’t limited by a seven-second memory. That’s a myth. With a real bond, their memory is long, even lifelong, just like a good friend.

### **Basic Dog Law: Do What’s Needed for the Pack’s Health and Balance**

In my home, dogs must contribute to the well-being of our human and canine pack. This means:

- ⌚ No pooping or peeing indoors.
- ⌚ No fighting over food.
- ⌚ No bullying dogs or humans.
- ⌚ No harassment barking (but conversational barks, such as “I need water,” are fine).
- ⌚ Come when called for safety.
- ⌚ Chew toys, not furniture!

#### **A DOG’S RESPONSIBILITY TO THEIR PERSON**



Do What’s Needed for the Pack’s Health and Balance

These rules keep everyone happy and balanced. Our relationship is a constant conversation, whether we notice it or not. Tune into it, and you’ll unlock worlds of connection with your dog.

Make it fun and respectful, remembering you’re interacting with a unique soul—call it a person, individual, whatever feels right. Keep

the context of interspecies relationship and align with your dog’s nature, needs, and intelligence. Practice the three laws.

Hold your dog to their responsibilities, and your bond will bloom with depth, ease, and love.

## ☛ The Final Fetch

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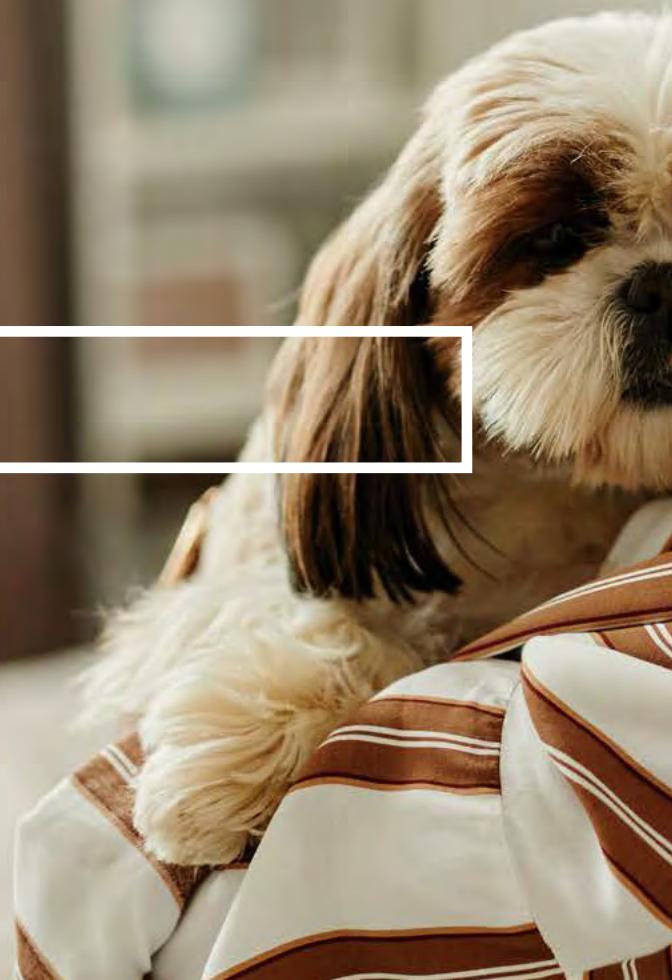
Your dog isn't just a pet—it's a partner in an interspecies dance. Start with your heart: witness their individuality, meet their needs, and engage with joy. This sets the rhythm for a relationship that flows intuitively, filling both your lives with trust and delight.

## ☒ Living the Way of the Dog Checklist

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### Chapter 1: Your Dog and Interspecies Communication

- SEE THEIR SOUL:** Spend a minute today looking into your dog's eyes. What new details do you notice about who they are?
- TRY THE PLAY:** Do the 5 Minute Hands-On Play (described in [Chapter 7](#)). How does it feel to connect soul-to-soul?
- START ONE LAW:** Pick one law—witness, care, or interaction—and practice it today. Maybe it's a consistent mealtime or 10 minutes of focused play.
- ASK AND LISTEN:** Pose a silent question to your dog. For example, “What do you love today?” Rest in the quiet—what do you sense?
- FEEL THE TEAM:** Notice one way your dog contributes to your “pack.” For example, making you laugh or alerting you. Say a quiet “thank you” for it.





C H A P T E R T W O

# FROM TOOLS TO BELOVED FAMILY: A JOURNEY BEGINS

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The ancient partnership between humans and dogs goes back tens of thousands of years, a partnership that helped our ancestors survive.

— Mark Derr

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# You're probably the one with the dog sprawled across your lap or nudging your hand as you read this.

While enjoying that thought, let's take a little walk together, not just around the block, but through time. I want you to feel something big: the story of how that pup beside you came to be more than a pet—how they became family. It's a tale that stretches back 30,000 years, maybe more, and it's not just about dogs joining our lives; it's about us stepping into theirs, too. Picture it like a dance we've been learning together, step by step, through centuries of trust, various tasks, and love. I'll share how it unfolded, era by era, so you can see where your bond fits in this beautiful, winding path.

## **A Brief History of Time in Dog Years**

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Way back, think 30,000 years ago, when the world was wild and cold, there were wolves. Not your dog yet, but their ancestors, prowling the edges of human camps. I imagine a night where one bold wolf crept close to a fire, drawn by the smell of scraps we'd tossed aside. We didn't chase it off. Maybe we were curious, or lonely, or saw something in those eyes. Scientists say this is how it started—wolves scavenging nearby, as we noticed their sharp senses and began to interact. A 2015 study found that ancient wolf DNA was shifting toward what we'd call dogs around that time, hinting that they may have chosen us as much as we chose them.<sup>1</sup> Soon, they were trotting alongside hunters, sniffing

# A Brief History of Time in Dog Years

30,000 years ago

15,000 years ago

Wolves, ancestors of present-day dogs, existed around the edges of human life.

Hunting days. Dogs hunted with humans and were treated as part of the family.



1800s

Middle Ages

10,000 years ago

Industrial Age. Dogs lived in cities, and more humans brought them inside. They were "companions" and not just "tools."

Castles and social order. Dogs had numerous breeds and played more interactive roles with humans, strengthening bonds.

Farming days. Dogs lived with humans in villages and had jobs like herding sheep and keeping watch.



1920s

1980s

From 1994 to 2023

Dogs are big, rugged workers — shepherds and hounds — for rural tasks.

44% of U.S. homes had a dog.

The U.S. pet industry jumped from \$17 billion in 1994 to \$123 billion in 2023. Smaller homes in denser cities favored compact breeds.



2018

2011

2000

In San Francisco, dogs outnumbered kids, 120,000 dogs to 107,524 kids.

In some urban hubs, dogs outnumbered kids. In Seattle, dogs outnumbered kids, 153,000 dogs to 107,178 kids.

60% of women worked outside the home, up from 34% in 1950. They delayed having children. Dogs stepped in to fill the gaps as emotional anchors.



Present Day

Dogs have gone from workers to soulful mates and partners, becoming an even more important part of many homes in cities and suburbs. Instead of hunters, people crave portable, polite, healthy, soulful, smart buddies. They want long-lived, healthy dogs, preferably hypoallergenic. A 10-15 year lifespan is preferred. They are social glue, and vibe with kids, seniors, and the disabled.

out game we couldn't track alone. One grave in Germany, from 15,000 years ago (the Bonn-Oberkassel dog, a prehistoric dog whose remains, dating back roughly 14,000 years, were found in Bonn, Germany), shows it: a pup buried with its people, cared for like kin.<sup>2</sup> That's the first whisper of love in a partnership born of survival.

Then came the farming days, about 10,000 years back, when we settled into villages. Dogs didn't just hang around anymore; they had jobs. They were herding sheep across muddy fields, barking at strangers creeping near our huts, their tails wagging as they earned their keep. Archaeologists have dug up bones from this Neolithic time, and they weren't wolves anymore; they were ours, and we were theirs. A researcher named Raymond Coppinger once wrote how dogs adapted to eat our grains, not just meat, tying their fate to ours as we tamed the land.<sup>3</sup> It was practical, food for work, but I bet some farmer scratched a dog's ears and felt that undeniable spark beyond utility.

Fast forward to the Middle Ages, when castles dotted the landscape and society was bound by a strict hierarchy. Dogs were everywhere, and they were specialists. Nobles bred sleek hounds to chase deer through forests, think of those tapestries with dogs mid-leap. Peasants had scrappy mutts pulling carts or setting them loose to clean up rats in the barn. It's fun to think of a knight laughing at his hound as it bounds back with a prize, or a kid sneaking table scraps to the family dog. A 14th-century monk, John Caius, cataloged breeds such as mastiffs and terriers, showing how we'd shaped them for our world.<sup>4</sup> They were still workers for sure, but that bond was strengthening, and was less about need, and more about heart.

By the 1800s, the Industrial Age roared in with factories, cities, and noise. Dogs kept up. They ratted in urban alleys, guarded rural flocks, and hauled carts for tradesmen. You can picture a London street with a scruffy terrier darting under horse hooves, or a shepherd's collie keeping order in the fields. Charles Dickens wrote about dogs as loyal shadows in those gritty days, and he wasn't wrong. They were still earning their meals, but something shifted—more of us brought them inside. A 19th-century



veterinarian, Gordon Stables, noted that they were becoming “companions,” not just tools. Five wars came, and they ran messages through the trenches—what brave souls. That’s when the heartstrings really started humming.

After World War II, suburbs bloomed, and dogs moved in. By the 1980s, 44% of U.S. homes had a dog, says the American Veterinary Association.<sup>5</sup> Life sped up—cities, factory jobs, and stress—and dogs became our anchors. But the late 20th century shifted things fast. The U.S. pet industry jumped from \$17 billion in 1994 to

\$123 billion by 2023, and smaller homes in denser cities favored compact breeds. Women’s lives changed, too. By 2000, 60% of women worked outside the home, up from 34% in 1950, which delayed having children or led some to choose not to have them at all. Dogs stepped in, filling gaps as emotional anchors. In urban hubs like Seattle, dogs outnumbered kids, 160,000 dogs to 110,000 kids in 2023. In San Francisco, there were reported to be 120,000 dogs and 107,524 kids in 2018.

Dogs outnumber children now. And they’ve gone from workers to soulful mates and partners in a pricier, packed world.



## Present-Day Dogs Guard Us with Their Love

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And what about the 2020s? A 2023 survey found 38% of U.S. women aged 25–34 prefer dogs over kids. It costs \$300,000 to raise a child versus \$20,000 for a pup, making it an easier choice. Cities like Seattle show a cultural pivot: dogs as primary companions. We want them to be travel-ready. According to [Rover.com](https://www.rover.com) in 2023, 65% of U.S. dog families crave pups that are:

- ⌚ Under 20 pounds for planes.
- ⌚ Agile enough to move on their own, so we don’t have to carry them.
- ⌚ Well-mannered, not causing chaos in public.

# Dogs vs. Kids

70%



A 2019 study shows **70%** of dog owners call them family.

38%



A 2023 survey found **38%** of U.S. women aged 25–34 prefer dogs over kids.

\$20,000

\$300,000

It costs **\$300,000** to raise a child vs. **\$20,000** for a pup.



65%



In 2023, [Rover.com](#) claimed **65%** of U.S. dog owners want pets travel-ready, preferring pups under 20 pounds.

Calm, adaptable breeds like Royal Frenchel Frenchies or Labradoodles are up 25% since 2020 and beat out yappy ones. Small but bold dogs with personality, like French Bulldogs, are up 20% since 2019. We're looking for long-lived, healthy dogs with a 10-15 year lifespan that are hypoallergenic and avoid vet bills. And they have to vibe with everyone: kids, seniors, travelers, the disabled—*social glue for all*. A hundred years ago, in the 1920s, dogs were big, rugged workers—shepherds and hounds—for rural tasks. Today, in 2025, we don't need hunters or herders; we crave portable, polite, healthy, soulful, smart buddies by our side.

**Here's What I Feel in My Bones, Dear Dog Lover:** You're not just choosing a dog for the everyday stuff. You're seeking a spiritual partner, a friend for life's journey. A best buddy for your children and seniors who need a friend to tempt them off the screens to play or to cure their loneliness. Small, mannered, healthy souls to travel literal and emotional roads with you and yours. Our human culture is shifting too, bending to hold them closer, including them in offices, schools, and therapists' offices to work alongside as trusted allies and morale boosters. Our culture is catching up. People take days off to grieve the loss of a dog and leave them with treasured friends when they travel, because they're not just pets, they're kin.

**And Here's the Wonder of it:** Science backs up what we feel. Research shows that 7 in 10 of us call them family, according to a 2019 study that says their gaze triggers oxytocin, the love hormone, just like when a parent looks at their child or wherever the strength of love lives.<sup>6</sup> They cut stress by a third.

In my *Talking Dog Show* videos on YouTube (<https://www.youtube.com/@royalfrenchelfrenchiesstreams>), I talk about how we used to shy away from admitting how much we love and enjoy them and how they often fill our world with love. This book is here to help you feel and celebrate that love, deepen it, and live it out loud. History shows that they're not just pets; they're partners who chose to join our tribes way back when. And now, we're choosing them in a whole new way, not as workmates, but as valued family. We're ready to stand proud, each of us, and share freely how these precious bonds shape us. We're sharing that love and enjoying it. You hold the sacred pact now that fills the gaps our hearts yearn for so joyfully that no gadget nor money can buy. From wolves at the fire to our closest allies and beloved family in our beds and on our couches, they've walked with us,

“ Today...we don’t need hunters or herders; we crave portable, polite, healthy, soulful, smart buddies by our side.

and we’ve walked with them. Now you’re holding that thread, you the reader, with your pup or future pup—a bond 30,000 years in the making.

## Living the Way of the Dog Checklist

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### Chapter 2: From Tools to Beloved Family

This list is all about kicking off your journey with a foundation of mutual respect, where both you and your dog learn, laugh, and grow together. Have fun!

- STEP BACK:** Picture one moment—like a wolf by the fire or a medieval mutt. How is that alive in your dog today?
  
- FEEL IT:** Whisper to your pup, “We go way back.” Let that sink in.
  
- YOUR HISTORY’S THREAD:** Notice one way they fit your life now. What does that say about this journey? Maybe it’s how you’d never leave them with just anyone, or how you go out of your way to get them that special treat on Saturdays.



A photograph of a man with short brown hair wearing sunglasses and a blue and white patterned short-sleeved shirt, bending over on a sandy beach. He is interacting with a light brown dog wearing a leopard-print collar. The man is barefoot, and the dog is also on its hind legs. In the background, there's a vast, flat landscape leading to a body of water under a clear sky.

C H A P T E R T H R E E

# COMMUNICATION BEYOND WORDS

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Dogs do speak, but only  
to those who know how  
to listen.

————— Orhan Pamuk



## **Listening to Your Dog**

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# Alright, let's get real about talking with your dog.

Yeah, I know, they don't speak English, but that doesn't mean they aren't yapping up a storm in their own way. It's all about picking up on their cues, because let's face it, they're trying to tell us something every day. And it's not just about us telling them what to do; it's a two-way street where we learn from each other.

## **Reading Body Language**

Ever notice how your dog's tail tells you more than the weather forecast? A happy wag means, "I'm thrilled to see you!" But if that tail is low and wagging slowly, it might be saying, "I'm kinda nervous here." And those ears? When they're all perked up, your dog is either on high alert or super curious. But if they're flat back, they're probably scared or feeling submissive. Your dog's body is like a billboard, constantly advertising how they feel.

For example, if your dog is lying down with its head on its paws, it might just be telling you it needs some chill time after a day full of adventures. I go into more detail about a dog's body language in [Chapter 4](#).

## **Practicing Curiosity Before Correction**

In my kennel, people often hear a bark, and if they are a new staff member, they simply get after the dog, trying to get it to be quiet. I swiftly teach them never to do that. I have them "wonder" and have some "intrigue" as to why the dog is barking. Reggie is one of my stud boys who suddenly started barking after living



with me for four years, always going to bed without a peep. All of a sudden, two weeks earlier, he started barking incessantly at night. I employed my “wonder and intrigue” plan and let him out to observe him. Most people would say, “Oh, don’t do that, he’ll learn to bark more!” Not true. If you have a relationship with your dog built on intimate trust, then when something like this happens, it builds more trust as they sense you’re seeking to understand their needs, and they’re not just winning at manipulating you.

So, when Reggie got out, he went straight to the water bowl and drank for so long, I was shocked. That wasn’t like him either! Sure enough, I found out that our air conditioner wasn’t working, and he was overheating in his crate, so he needed to drink water. The machine made noise, but wasn’t going on cool. It wasn’t obvious as the room didn’t feel hot in the area where I was resting. However, with his crate cover, it added to the heat in his crate, and he had to replenish his fluid. So, he had a drink, peed, and went to bed happily with the “new” air conditioner I stole from another part of the house!

A mind of relationship respect is very different from a mind of human dominance, which is often sorely called “pack leadership.” Human dominance is often used to train, without understanding or having a relationship of trust and respect with the dog, so the

technique misses the mark completely for the dog that is simply trying to communicate a very sincere need.

## **Showing Pictures When You Speak**

The best form of communication I've ever used is a process where, when I speak to my dog, I also show pictures in my mind to express what I'm saying. And this isn't about manifesting or trying to will them to do something. It's about layering your spoken words with clear, gentle mental images that help your dog pick up the message more easily.

Let me give you an example. We have a courier, Lisa, who transports our Royal Frenchel Frenchies to their new homes. She was noticing that some of the dogs would show signs of stress as the journey began. I showed her this technique, how to calmly hold a picture in her mind while speaking to the dog about what was going to happen next.

She started arriving early to practice this. She'd speak softly to the pup and in her mind, show them what was coming: the car, the plane, the arrival, the new family. The results were incredible. She came back to me and said, "I'll never not do this again." The dogs were calmer, more relaxed, and seemed to truly understand what was happening.

This exercise doesn't just help your dog; it helps you. It expands your mental capacity and strengthens the connection between your intention and your communication. And anything that helps us keep our brains agile and emotionally connected is a win at any age.

So, give it a try. Whether you're introducing a new routine or preparing your pup for a change, speak clearly, and let your mind gently show them the way.

## **Understanding Vocal Cues**

Dogs have their own version of social media, but instead of likes and shares, they use barks, whines, and howls. A sharp, loud bark? That's your dog's way of saying, "Hey, something's up!" Maybe it's the mailman, or maybe they just saw a squirrel that could win the Olympics. But then there's the long, drawn-out howl, which might mean they're missing their pack (that's you, by the way) or feeling lonely. And that little whine? It could be they want your attention, or they're feeling a bit anxious. Remember,

each sound is a message. Just like how we use emojis, your dog uses vocal cues to express itself.

## Some Breed-Specific Insights as Examples

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### Gentle Giants Communication (Great Dane, Mastiff, etc.)

These big-hearted behemoths are like those quiet ones in the class who have a lot to say if you just give them a chance. Their body language is more about the quiet shift of weight, the slow wag of a tail that could double as a broom, or a gentle head tilt. Don't expect them to jump around signaling their mood. Instead, look for the small signs. A slow blink or a soft lean against you might be their way of saying, "I'm here for you, buddy."

### Quirky Characters (Shar-Pei, Basset Hound, etc.)

With Shar-Peis, their extra skin is like a built-in poker face. They might look like they're always plotting something, but those wrinkles are just part of their charm. To really connect, focus on their eyes—they're the windows to these dogs' souls. When they're happy, their eyes will twinkle; when unsure, they'll be looking to you for guidance.

Basset Hounds, on the other hand, are like walking, droopy-eared philosophers. Their long ears might cover their expressions, but their soulful eyes and deep, resonant barks tell you a story. Their communication might be more about the vibe they give off rather than clear-cut signals. So, for these breeds, it's about tuning into the frequency of their unique expressions, understanding that sometimes less is more, and silence speaks volumes.

## Watching Behavior as Communication

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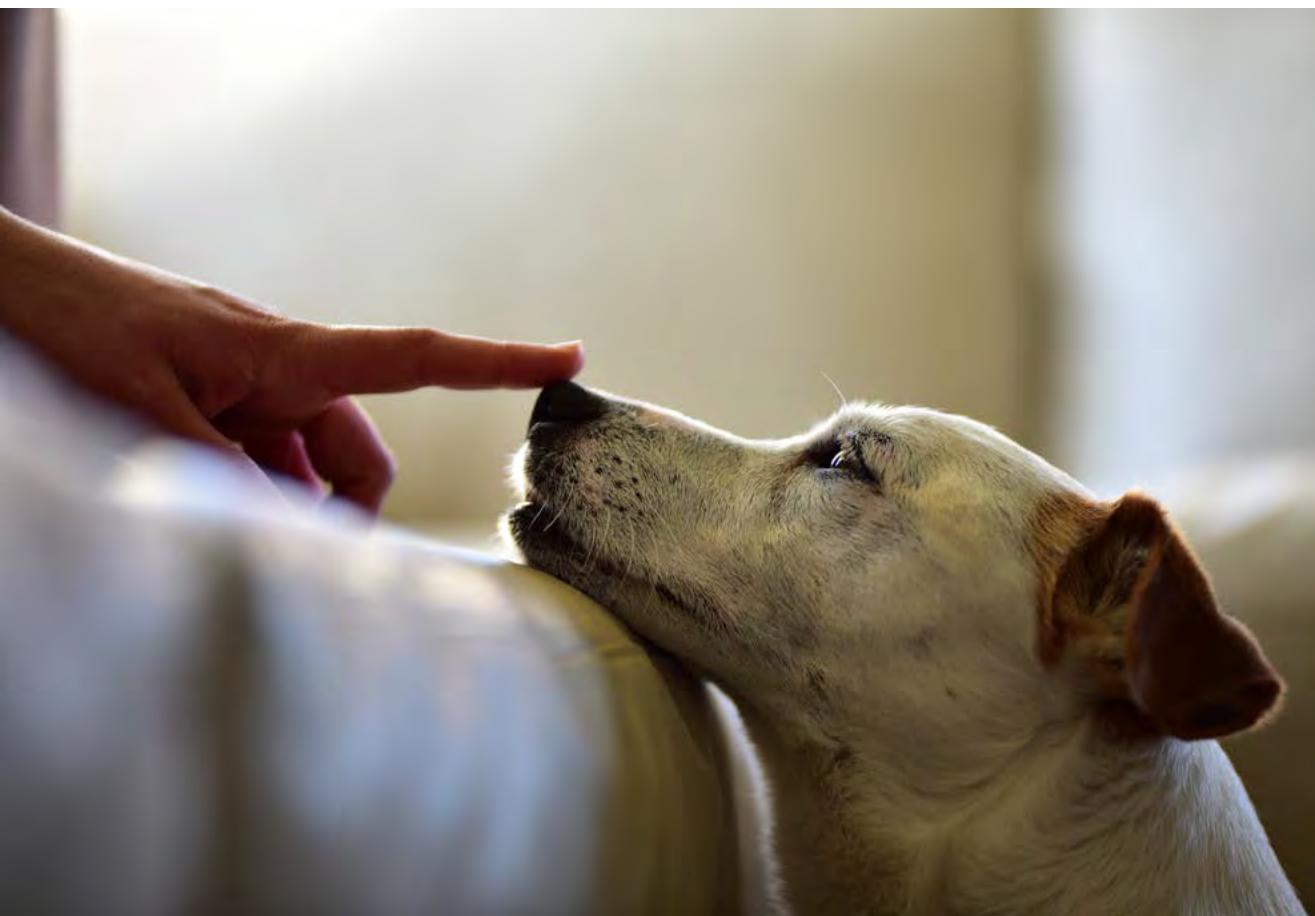
It's not what you say but what you do, right? Your dog is no different. If they start digging in your garden, it's not just because they're bored; maybe they're trying to cool off or find a scent that's intriguing to them. Pacing back and forth can mean they're anxious or need to go out. And that guilty look? Well, sometimes it's more about them picking up on your vibe than actual guilt. They're picking up on your cues just as much as you should be on theirs. For instance, if they always jump on you when you

come home, they're not trying to dominate you; they're just super excited because you're their world.

## Respecting Their Sensory Experience

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Here's where it gets mind-blowing. Your dog lives in a world where smells are like text messages. They can sniff out where the neighbor's dog peed last week or know if you had a sandwich with ham today. Their hearing? They can hear the neighbor's TV from down the block, which might explain why they start barking at seemingly nothing. Being aware of this means you've got to think about loud noises or strong smells that might overwhelm them. For example, if you're vacuuming, they might be totally freaked out, not because they're scared of the vacuum but because it's like having a jet engine in their ears.



## ● Exercise: Practicing Silent Walks

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1. **SET THE INTENTION:** Decide you're going to walk without saying a word. This isn't just about silence; it's about stepping into your dog's world and giving them the spotlight.
2. **OBSERVE:** Let your dog lead the pace. Maybe they sniff every tree like they're reading the morning paper. Or they might stop and listen to a sound you can barely hear. They're communicating with the world in their own way.
3. **REACT TO THEIR REACTIONS:** If they stop or change direction, follow them. This isn't you taking them for a walk—it's you joining them on theirs. Think of it like this: if they're suddenly alert, there might be something you should be aware of. Like that time my beloved Diva alerted me to my heart condition when I was on an airplane. At first, I got after her, forgetting that she was well trained and trying to tell me something was wrong. Eventually, I listened. They turned the plane around, and I received the timely care I needed at a nearby hospital.

“ Just like how we use emojis, your dog uses vocal cues to express itself.

4. **REFLECT:** After your walk, take a moment to reflect. What did you learn? Did you notice something new about your dog—their preferences, fears, or instincts? Did you see how they relate to the world without words?

This exercise isn't just about understanding your dog better; it's about respecting their role in your life. It's an acknowledgment of the dog's role as a guide and guardian in our shared world, highlighting the need for a hierarchy that values each being's contribution to the relationship. They're not just pets; they're guides, protectors, and friends who have their own way of seeing the world. By listening to their silent language, we foster a

relationship where both of us are understood, not just one dictating to the other. It's about building a life where both human and dog thrive together in balanced, communicative harmony.

## ☛ The Final Fetch

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In this model of communication, we move beyond the idea of training or commanding into a space where we truly listen, learn, and adapt. This is how we cultivate a relationship where each role—ours and our dogs'—is respected, understood, and celebrated, creating a harmonious life together where both species thrive on mutual understanding rather than dominance. It not only deepens your understanding of your dog's sensory world but also teaches you patience and presence, key elements in building a strong bond.

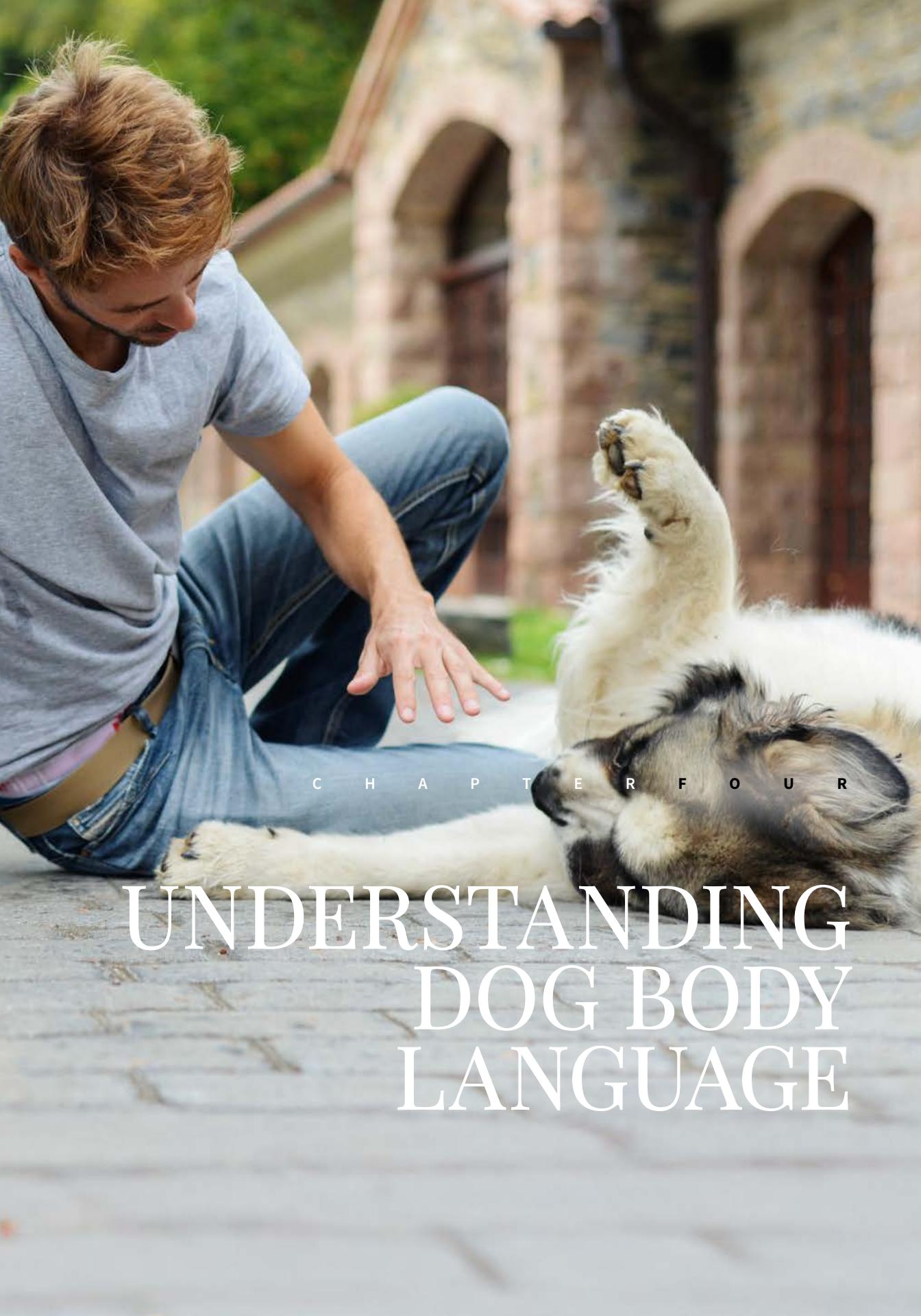
## ☒ Living the Way of the Dog Checklist

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### Chapter 3: Communication Beyond Words

- SILENT STROLL:** Plan a “Silent Walk” this week. Let your dog lead without a peep from you. Observe what they notice—it’s like they’re reading the doggy news!
  
- READ THE ROOM (OR YARD):** Spend five minutes watching your dog’s body language. Tail wags, ear positions, the works. What’s their mood telling you?
  
- DECODE THE BARK:** Next time your dog barks, try to guess what they’re saying. Is it excitement, alertness, or just a social media update?
  
- SENSORY ADVENTURE:** Introduce one new smell or sound in a controlled way—maybe a new herb in the yard or a gentle wind chime. See how your dog reacts.
  
- REFLECT AND CONNECT:** After any interaction, take a moment to think about what you’ve learned about your dog’s communication. Did you pick up on something new?



A photograph of a man with light brown hair and a beard, wearing a grey t-shirt and blue jeans, crouching down to interact with a large, fluffy white and black dog. The dog is lying on its side, looking up at the man with its front paws raised towards him. They appear to be in an outdoor setting with a brick building and arched windows in the background.

C H A P T E R F O U R

# UNDERSTANDING DOG BODY LANGUAGE

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A dog's language is simple, honest, and direct—unclouded by ego or confusion. They speak with their whole being, and if we're quiet enough, we'll hear it loud and clear.

— Anahata Graceland



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## A Dog's Silent Language<sup>7</sup>

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I talked a little bit about a dog's body language in [Chapter 3](#). Now I'd like to dig into it in more detail.

To truly connect with your dog, understanding their body language is like learning a new language—one without words but full of meaning. Dogs communicate their emotions, intentions, and even health through their bodies. We'll look at how science helps us decode these signals.

### Head and Ears

When a dog's ears are perked up and forward, they're usually alert, curious, or ready to engage. Think of it as them saying, "Hey, what's that?" However, if their ears are flat against their head, they might be feeling scared or submissive. They're basically saying, "I'm not so sure about this."



### Tail Wagging

Not all wags are created equal. A high, fast wag often means excitement or happiness, but a low, slow wag can indicate caution or insecurity. A tucked tail between the legs is a classic sign of fear or submission, like your dog is telling you, "I'm a bit worried here."



## Body Posture

The “play bow”—when your dog bows down with their front legs while keeping their rear up—is an invitation to play. It’s the doggy way of saying, “Let’s have some fun!” Conversely, a stiff, rigid body posture can signal alertness or aggression, especially if combined with other cues like raised hackles or a hard stare.

## Eyes and Mouth

Soft, relaxed eyes show trust and contentment, while a hard, direct stare can be a sign of dominance or fear. Yawning and lip licking often aren’t just about being tired or hungry; they can show stress or an attempt to calm a situation.

## Vocalizations and Other Signals

Growling, barking, and whining carry different meanings based on context. A growl might mean, “Back off,” “I’m scared,” or even, “Let’s play!” Excessive panting outside of physical exertion can indicate stress, anxiety, or pain, not just that they’re hot or excited.

## Overall Body Language

Dogs rarely communicate with just one signal; they blend multiple cues. For instance, showing their belly might not always be an invitation for a rub; it could be a sign of submission or fear if their body is tense. It’s all about reading the whole picture, understanding that each dog might have slight variations in expression.

## Practical Tips for Dog Families

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- ☛ **ALWAYS CONSIDER THE CONTEXT.** What's happening around your dog? Are there other dogs, loud noises, or changes in the environment?
- ☛ **LOOK FOR CONGRUENCE IN BODY LANGUAGE.** If the tail is wagging but the ears are back and the body is tense, the wag might not mean joy.
- ☛ **LEARN FROM YOUR DOG.** Each has unique ways of expressing themselves, so observe them in different scenarios to understand their personal language.
- ☛ **USE BODY LANGUAGE IN TRAINING.** Knowing when your dog is confused, happy, or stressed can help you time rewards or redirect behavior more effectively.

## ☛ The Final Fetch

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Understanding your dog's body language isn't just about knowing when they're happy or scared; it's about deepening your bond, ensuring their well-being, and communicating on a level that's beyond words.

By learning to "read" your dog, you're not only equipped to respond to their needs more effectively but also to prevent misunderstandings that could lead to stress or conflict. This knowledge allows you to nurture a relationship based on mutual respect and empathy, where both you and your dog feel truly understood. Here's to speaking the silent language of dogs, where every flick of the ear, wag of the tail, or tilt of the head tells a story of trust, companionship, and love.



## Living the Way of the Dog Checklist

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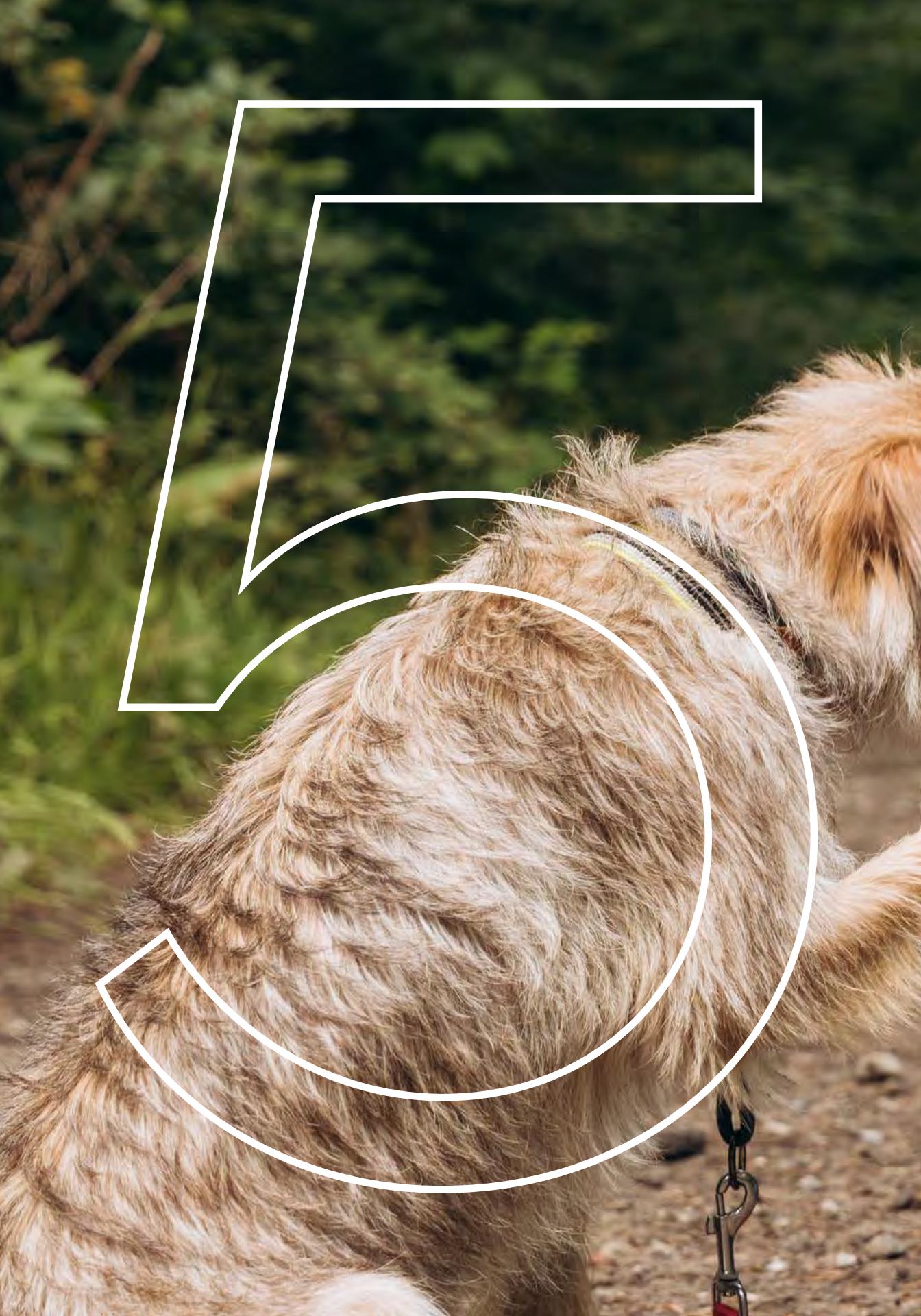
### Chapter 4: Understanding Dog Body Language

This checklist encourages you to actively engage with and interpret your dog's body language. It will foster a deeper understanding and connection without overwhelming either of you with too many tasks. Let the list be a reminder, and do just a few of these items as you get comfortable with learning about your little buddy. Intimacy is fun and results in better health for the two of you.

- WATCH THE EARS:** Next time your dog interacts with something new, check their ears. Forward may mean interest, back may mean caution.
  
- TAIL WAGGING DECODER:** Observe the wag this week. Is it high and fast, or low and slow? It tells you a lot about their mood.
  
- PLAY BOW ALERT:** When your dog bows during play, join in! It's their way of saying "Let's play!"
  
- EYE CONTACT:** Notice if your dog's gaze is soft or hard. Soft eyes mean comfort; a hard stare might mean they're feeling challenged.
  
- STRESS SIGNALS:** Look for signs like yawning or lip licking in new or stressful situations. It's their way of saying, "I'm uncomfortable here."
  
- VOCAL CLUES:** Pay attention to the type of bark or whine. Context is key—is it excitement, fear, or a warning?

“ Understanding your dog’s body language isn’t just about knowing when they’re happy or scared; it’s about deepening your bond... ”

- FULL BODY READING:** Next interaction, try to read your dog’s whole body. Are all signs pointing to the same emotion?
- CONTEXT IS KING:** When reading their body language, think about what’s around them. Are they reacting to something specific?
- PERSONAL STUDY:** Spend time observing your dog in different settings this week. What unique expressions do they have?
- APPLY IN TRAINING:** Use your new body language knowledge in one training session. Respond to their signals to enhance communication.





C H A P T E R F I V E

# DEVELOPING THE ART OF INTUITIVE CONNECTION

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Developing intuitive connection with your dog is less about training and more about remembering—how to be still, how to listen, how to love without language.

— Anahata Graceland

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# Let's dive into intuition and how developing it can help you and your dog thrive.

Intuition with dogs is an art form where understanding goes beyond the spoken word. This connection is built on observing, listening, and feeling beyond the obvious. It's not about being psychic; it's about getting in tune with your dog. It's like you're both tuning into the same radio station, where you can feel what they're feeling without them having to bark it out.

## Observation Beyond the Surface

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**This is Where You Start.** Notice the little things—the way their ear flicks when they hear something you can't, or how their tail gives a little twitch when they're thinking about playing. For instance, if your dog suddenly sits up and stares at you, they might be picking up on your mood or trying to communicate something. Research from Eötvös Loránd University shows dogs can understand words and the emotional tones we use, which means they're always picking up on more than we realize.<sup>8</sup>

Remember, becoming intimate with the unique personality and behavior of your dog means you are becoming friends with them, too. As you read further in the book, you will appreciate that statement more and more. In my case with Paddington, a big snuggle bug of a guy, he decided to lie down three times after just coming in from outside before getting on the bed for bedtime. I stopped re-positioning him and instead instituted a plan of inquiries into what could be happening. I tried putting

him down off the bed to see if he wanted that, and lo and behold, he ran to the door. Yup, I was right, he showed me he had to go to the bathroom badly, and I saw his poop wasn't stable and was soft instead. I let him go and got his poop tested to find he had gotten Giardia in town. Had I thought he ought to "behave" instead of seeing his behavior as a timely mention of a need best listened to, I would have awakened with diarrhea on my bed more than likely! Not fun. Noticing these important variations in behavior is really a present-time conversation worth having. You both win!

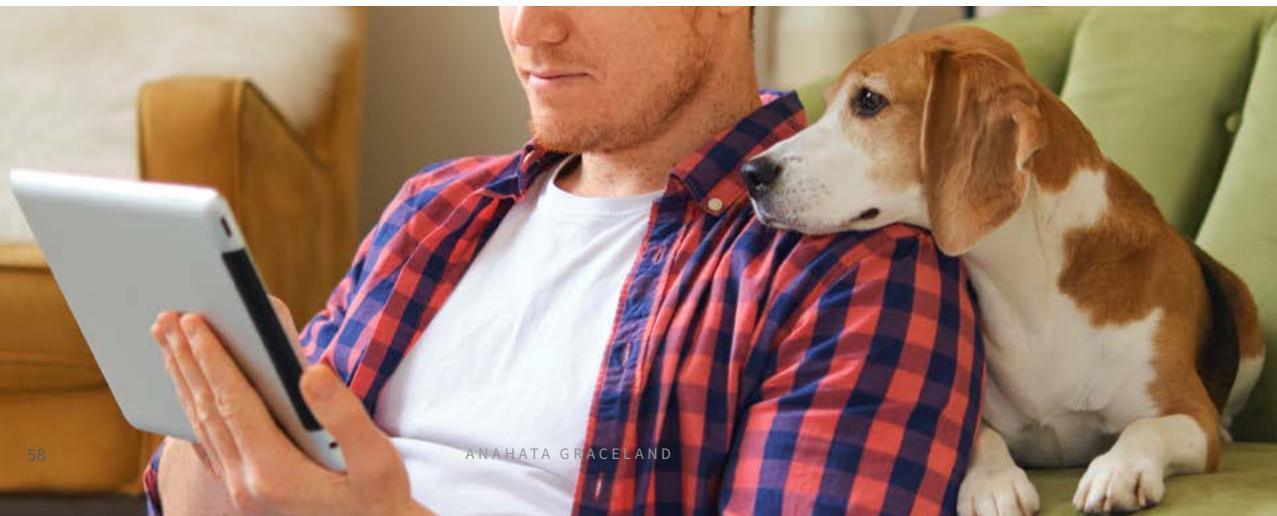
## Emotional Attunement

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Dogs are like emotional sponges. If you come home stressed, they might start pacing or become unusually clingy because they feel it too. A study from the University of Lincoln found that dogs can match their emotional state to ours, showing they're not just reacting but empathizing.<sup>9</sup> When you're calm, they calm down. So, if you're feeling overwhelmed, take a deep breath and watch how your dog mirrors that peace.

This is a really important item for a breeder. It is so key for kennel staff to understand this. I know a man who is great with the dogs where he works; however, he has really poor manners with people, and so on occasion, he makes people unhappy and angry when he works with them. He's one of those people who says, "I like dogs better than people!" The only thing is that in the end, it is the dogs who pay for his bad manners, and this is how.

He comes to work a few minutes late. The guy on staff grumbles at him. He reacts with a bad attitude and a bit of swearing, then gets a bit tougher with the dogs as he moves them about in the



kennel he works in. Almost instantly, you will see a fight break out between the dogs in the yard when this happens. Every time he behaves this way and people get disgruntled with him, the dogs act out the fight. Not good.

Be aware that, without a doubt, your energy and moods affect the moods and behavior of your dog. If you worry your dog will get anxious or if you are depressed, your pup might feel concerned and try to get you up and out. This may be irritating you in your state. Be aware that you have an effect and appreciate your friend who is there for you, no matter the mood, trying to do the best for you at every turn.

“ Be aware that, without a doubt, your energy and moods affect the moods and behavior of your dog.

Lastly, I received a dog last year that was returned from a customer due to severe allergies (or rather, skin issues that they called allergies). I had never seen allergies in that line of my dogs—I knew the family was under financial strain, and the couple was not getting along as well. So, I went and picked up the dog, receiving his return with no issues. He was in terrible shape, with sores and nervous. He was just plain miserable. Within three weeks, there wasn’t any sign of allergy on the dog, and lo and behold, he gained weight, was happier than a lark, a total joy to live with, and he lived with me for six more months before I placed him with a new family. The original family’s unhappiness and obvious upsetting behavior that was self-centered in their pain was way too tough on little Henry. He got sick to get out of it, we might say. He was unable to solve the difficulty, so instead he suffered his way through each day. He has been a dream dog at his new home, and it has been over 18 months now. He still has no show of allergies and behaves like a wonderful Royal French Frenchie, sensitive to his family’s needs. When he accompanies his human partner to work, he adds so much to the customers’

visits that she reports that some stop just to say hi to him and get a quick snuggle! He couldn't be happier!

## **Practice Presence**

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Being in the moment with your dog is like meditation, but with a four-legged buddy. On your next walk, instead of thinking about your grocery list, focus on what your dog is doing. Are they sniffing out something special? That's them reading the world in their way. A study from the University of British Columbia highlighted how dogs prefer people who are attentive and present, showing that this presence builds a stronger bond.<sup>10</sup>

When you focus on the immediate moment, it relieves you from the distractions of daily life, placing you in a state of oneness with your surroundings. And your dog gets it loud and clear. Relaxation melts into both of you, stress disappears, and you find yourself in a space of no time. This state permits you to recover your chemical alliance to health and well-being. But more than anything, in terms of your dog, it tells your dog you're ready to love and be joyous. It is the simple things in life that enrich us.

I have a wonderful customer named Denny who was in the special forces and now works for the defense department (name changed for anonymity). He made the most wonderful statement to me the other day. He said, "No one will know the violence it took to become this gentle," referring to his two Royal Frenchel Frenchies. By practicing this very presence, he has regained the innocence he once knew before his many deployments to Iraq, etc. When he comes home every night or when he returns from international work to his Royals, he instantly falls deeply into that state of being. His dogs know it is their job to help keep him in that state and do their best to love him well with snuggles and total interest as they putter about town.

## **Trust Your Gut**

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Sometimes, you just know what your dog needs without them saying a word. Maybe it's that feeling you get when your dog isn't quite themselves and you decide to take them to the vet just in time.

You were built just like your dog. You have an intuitive gut, and you know it like we all do. It's just about trusting it. It will give you confidence if you follow it with your dog, even if you are wrong. You will gain confidence, and your dog will gain insight into how much you care as they pick up on your response and your commitment to support them as best you can.

Not long ago, I was out in town with a well-trained service dog of mine named Snow Bo. She is a total doll and always behaves well in public. After I got into the store, I had an intuitive hit to take her out. There was no sign other than her small hesitation to move when I moved on from looking at some shirts. I had my goddaughter Lazer run her out, and sure enough, she not only went poop, but she also vomited! Nothing else ever came of it; she was well in the following days, but wow—that could have been one of those messes you really hate in public!

## **Some Breed-Specific Insights as Examples**

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### **Energetic Enthusiasts (Border Collie, Australian Shepherd, etc.)**

These dogs are like the athletes of the dog world; their intuition shows up in their need to move, to do, to engage. They might nudge you with their nose or give you that “come on, let’s go!” look. Understanding that their intuitive connection is tied to ac-





tion can deepen your bond. It's like they're saying, "I know when you need to get out and move, just like you know when I do."

### **Brainiacs (Poodle, German Shepherd, etc.)**

With these smart cookies, it's like they have a PhD in understanding you. Their intuitive responses come quicker because they're always one step ahead, solving problems before you even know there is one. They pick up on your cues so fast, it's like they're reading your mind. Harnessing this can make your intuitive exercises a two-way street of genius where both of you are learning and adapting in real-time.

## **● Exercise: Intuitive Play**

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"Intuitive Play" is a game of guess and check, where you learn to anticipate your dog's desires or next moves, honing your intuitive skills. It's about tuning into your dog's unspoken desires through playful interaction:

⌚ **SET UP:** Find a space where your dog can move freely. Have some toys or treats handy, but don't start with them; let your dog's behavior dictate the play.

**Example:** Clear a room or use a fenced yard where your dog can move freely. Have toys like a ball, a squeaky toy, and perhaps a rope tug around, but keep them out of sight initially.



⌚ **BEGIN THE PLAY:** Start with simple, free play. Watch for cues—does your dog look at a toy or a particular spot in the room? Do their ears perk up at a sound you might not have noticed?

**Example:** Start by simply sitting with your dog. Watch their body language. If they keep looking at the toy bin, they might be hinting at what they want to do.

⌚ **PREDICT AND ACT:** Try to predict what your dog might want next. If they glance towards a toy, pick it up, or move it closer to them. If they seem to want to chase, throw something, or run a short distance away to encourage them to follow.

**Example:** If your dog's eyes light up when you glance at their favorite toy, pick it up and see if they get excited. Or, if they're staring at you with that "chase me" look, take a few playful steps back, inviting them to follow.

⌚ **FEEDBACK LOOP:** Pay attention to your dog's reactions. If you predict correctly, there's a sense of "click" where both of you feel in sync. If not, observe what they do instead and learn from each interaction.

**Example:** Let's say you chose to throw the ball because they seemed interested, but they only look at it without moving. This feedback tells you they might not be in the mood for fetch; perhaps they wanted to play tug or just cuddle.

 **VARY THE PLAY:** Mix up the activities. Sometimes, your dog might want to play tug; other times, they might prefer a quiet snuggle or a different game entirely. The key is to adapt based on their subtle cues.

**Example:** One day, your dog might be all about chasing a frisbee, but the next, they might nudge you towards a quiet corner for some gentle petting. By varying the play based on their cues, you're learning to anticipate their mood swings or preferences. And they are learning what you attend to.

 **REFLECT:** After playing, reflect on what you've learned. Did you notice patterns in your dog's behavior? Were there moments where your intuition was spot-on or entirely off?

**“** Like any art, [intuitive connection] takes practice, patience, and a lot of love.

**Example:** After a session where you guessed right about a game of hide and seek with treats, reflect on what cues led you there. Was it their sniffing behavior or the way they looked at you? This reflection helps solidify your intuitive understanding.

This exercise isn't just about fun; it's a training ground for your intuition. Over time, you'll notice you're anticipating your dog's needs or moods before they fully manifest. This intuitive play can reveal when your dog is tired, when they're in the mood for more vigorous activity, or when they simply need a moment of quiet companionship. And the cool thing is that this ability will generalize to family and work scenarios as well. You can't lose using these exercises as they will enhance your life everywhere you go.

## The Final Fetch

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Remember, intuition in this context is not about being right all the time but about developing the brain for a deeper connection, where you and your dog communicate in a language beyond words. Like any art, it takes practice, patience, and a lot of love. And who knows, in this intuitive dance, you might find yourself laughing at the sheer joy of understanding your dog a little better each day.

## Living the Way of the Dog Checklist

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### Chapter 5: Developing the Art of Intuitive Connection

These steps are about tuning into that special frequency between you and your dog, where intuition turns play into a dance of understanding, peace, and joy.

- INTUITIVE PLAYTIME:** This week, play a game of “guess and check” with your dog. Pay attention to their cues and try to predict what they want to do next.
  
- EMOTION MIRROR:** When you feel stressed, take a deep breath and watch your dog. See if they calm down with you. It’s like a Zen moment for both of you.
  
- BE PRESENT:** On your next walk, ditch the mental to-do list. Focus on what your dog is doing. What are they sniffing? What sounds catch their ear?
  
- TRUST YOUR GUT:** If you get a hunch your dog isn’t feeling right, trust it. Maybe give them a little extra attention or even a vet visit if you’re really worried.
  
- REFLECT ON THE CONNECTION:** After playing or spending time together, ponder the moments you felt in sync. Did you learn something new about your dog or yourself?





C H A P T E R S I X

# HOW TO GENERATE LOVE WITH YOUR DOG

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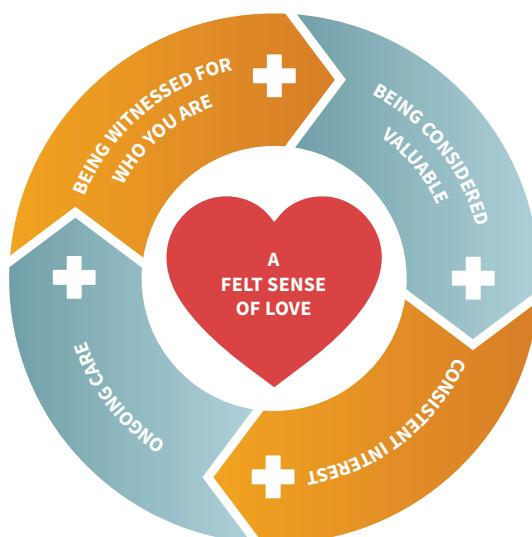
Love deepens  
when we take  
the time to see,  
not just what  
our dogs do,  
but who they  
are. That's  
where the  
sacred begins.

Anahata Graceland

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LOVE IS NOT A MYSTERY,  
IT'S A SKILL YOU CAN LEARN!

Love, believe it or not, is not just a feeling—it's a *skill*. And like any skill, you can practice it. You can also think of it like a simple equation:



I call this the "Love Equation."

Let's say someone looks at you and says: "You are wonderful, just because you exist. There's nothing you could ever do that would make me stop caring about you. I think you're valuable, and I want to know you."

Now imagine that person not only says that but shows it. Every day. With interest, attention, kindness, and small acts of care. How would you feel? Most people say, “I’d feel safe. I’d feel loved. I’d want to be closer to that.”

That’s the magic of this method. When you consistently reflect someone’s worth back to them and respond with warm attention and care, they feel loved, not just in theory, but as a lived experience in their body and heart.

## **What Happens When You Do This With Dogs (or Any Living Being)?**

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This method isn’t just for dogs. It works with any living being.

When you approach a dog, or a plant, or a person and you treat them like they matter, with steady care and genuine interest, something amazing happens:

They start to blossom into their uniqueness. A dog begins to relax, reveal its unique personality, and respond to training more easily. They start to feel more confident, trusting, expressive, and present. Even plants grow stronger when nurtured with this context of being seen and valued with attention and consistent care. It is simple and very profound.

### **Living Things Thrive When They Feel Witnessed and Received**

That’s why dogs are so beloved. They value us above all else; they simply give this kind of love naturally. They look at us with interest. They want to be with us. They follow us around, watch what we’re doing, bring us their toys as gifts, and share affection generously. They care without pretense.

So, when you mirror that back, when you offer love with your full attention, a gentle voice, calm presence, and acts of care, you generate a feedback loop of love.

In your dog, this creates:

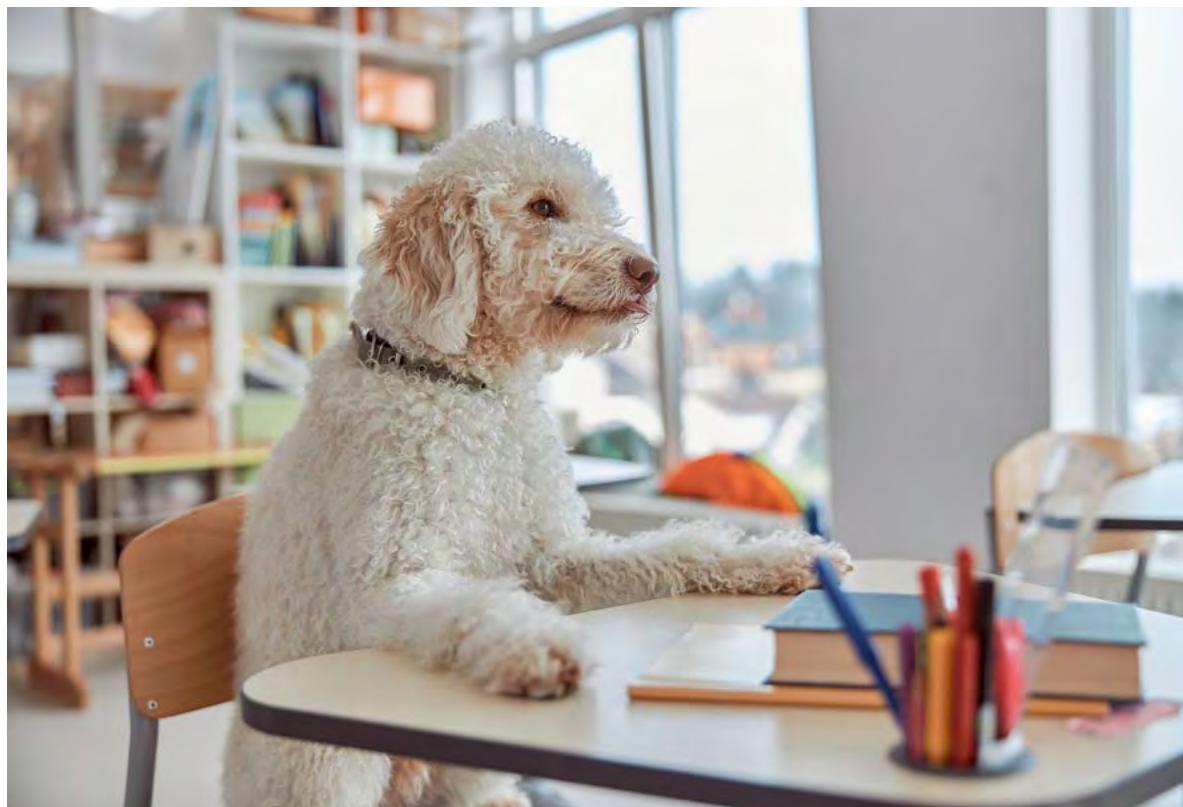
- ⌚ Greater calm
- ⌚ More happiness
- ⌚ Better responsiveness
- ⌚ Faster learning

This is also the heart of the “Love Bucket Routine,” a proprietary method we use with our Royal Frenchel Frenchies as we raise them. It’s not just about training; it’s about creating a relationship where love flows freely in both directions.

## Blossoming Personality as an Avenue of Interest and Doorway to Love

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In order to generate the first part of the Love Equation (described at the beginning of this chapter)—valuing your dog and developing true interest—here’s an activity I find to be both playful and profoundly revealing. It may sound a little unusual at first, but stay with me. It works.



Imagine your dog as a kid in grade school or early high school. Yes, really. Think back to the different “types” in your classroom. Not archetypes or deep psychological models—just the natural personalities we all encountered:

- The straight-A student who’s quietly precise, not very social, but always focused.

- The jokester, who lives for laughter and lightness.
- The troublemaker.
- The endlessly curious one who knows everyone and wants to explore everything.
- The shy kid in the corner.
- The gentle soul who's always observing.

Now pause and ask yourself, “Which kid in the class would my dog be?”

This exercise isn’t about labeling; it’s about stepping into the room of your dog’s personality. By imagining them as someone you recognize from that time in your life, you begin to see more clearly who they are at this time. You begin to recognize and feel their personality from a new vantage point of clarity.

“...this blend of attention, interest, and presence...[is] love in motion!

And once you’ve identified that personality type, your dog as “the quiet creative” or “the wild-hearted extrovert,” come back into the present moment. Look at your dog as they truly are. Now, seek out more unique aspects of who they are. Notice their subtle traits: funny things they do alone, how they respond to sounds, how they approach a toy, how they move toward joy, or how they hold back. Let your imagination live inside this awareness and let more of their uniqueness reveal itself to you as you take an interest in this greater form of intimacy.

This moment, this blend of attention, interest, and presence, is not just fun. It’s love in motion!

Because while you’re doing this activity, something else is happening: your dog is receiving your attention. Not the casual kind, but the real kind, the kind that says, “I see you. I’m curious about you. I want to understand you more.” And believe me, they feel it.



The more you do this, the more intimate your bond becomes. You could ask, if my dog were a color, what color would they be? Or, if they could live anywhere, on land, near water, in a desert, or in a cozy home, which place would feel like them? These types of questions acquaint you with your dog through new pathways in your mind, giving you a more layered, more whole sense of who they are.

As your understanding deepens, so does your care. And that changes everything.

Now here's the invitation: treat this like a private little science experiment. Use all you've learned from the Love Equation, and for three weeks, do this kind of exercise every day or few days, and just watch. Observe what changes.

What you'll begin to see is a kind of blossoming. Your dog's personality will come forward more richly. Their eyes will soften. Their energy will calm. A relaxed joy will begin to fill their body and spirit in a new way or more often than before.

I've never seen a dog who doesn't respond to this. Truly. And honestly, this works with people, fish, and plants too, but we're focusing on dogs here. They flourish under the gaze of warm, curious attention. And so will your relationship.

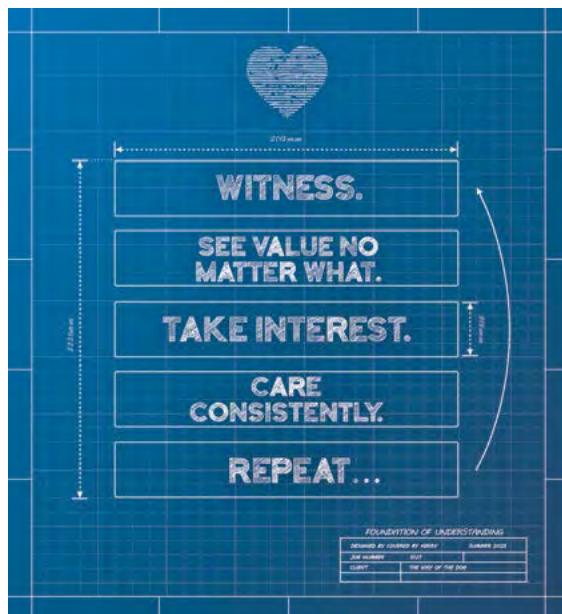
**So, What Happens When Someone Does This With You?** This is another gift in this process. When someone treats you this way,

sees you and treats you as though you're valuable, interesting, and worth showing up for, you blossom too. Your shoulders drop. Your guard softens. You laugh more easily. You say what's really on your mind. You feel seen.

And you feel loved.

That's the power of this method. It's not complicated. But it is profound. And this is exactly what happens to you and most people with their dogs. It's why people love dogs so much. They feel more love in their lives when they have a relationship of this nature. And dogs are one of the best at it!

Whether you're building trust with a dog, deepening a relationship with a person, or simply trying to love yourself more fully, this is the foundation:



These aren't just things you do for your dog; they're things you'll feel right along with them. As your dog feels more loved, you will too. That's part of the quiet magic of these activities.

It's the terrain of love. This is where intimacy takes root and where joy deepens into something sacred, something that words only occasionally touch, but your heart will never forget. And this is where genuine laughter emerges, quite naturally.

If you do this, and keep doing it, you may find yourself in a space of love so deep and mutual, it's almost unspeakable. The kind of

experience of love that people search for their whole lives and are nourished by forever.

You'll be amazed at what happens in your relationship with your dog when you do it.

## **Love in Practice: Exercises to Deepen Your Bond**

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### **● Exercise: The Soul Sketch—See Your Dog as Valuable, Just for Being Who They Are**

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Sit somewhere quiet with your dog near you. With a pen and notebook, or your **Legacy of Love Dog Hub** journal, open your tablet (<https://MrWhiteAI DogBuddy.com>), and begin writing a description of your dog's personality—not what they do, but who they are.

- ⌚ What makes them uniquely who they are?
- ⌚ Are they funny, smart, curious, cautious, brave, silly, wise, sensitive?
- ⌚ What do you feel when you look at them?
- ⌚ Now, just look at your dog, quietly think of how much you enjoy just who they are. Not for anything they do, but just because they exist in your life.

Close your eyes for a moment and say to yourself, “*You (your dog's name) are valuable, just for being you.*” Say it once aloud if it feels right. Let that truth land between you.

### **● Exercise: The Curiosity Invitation—Show Genuine Interest in What Your Dog Is Doing**

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For 5–10 minutes today, become your dog's student:

- ⌚ Watch what they're doing without interrupting.
- ⌚ When they engage with something (a toy, a scent, a sound), join their world.

- Gently name what you notice aloud: “I see you found something interesting,” or “Oh, that toy means something to you today.”

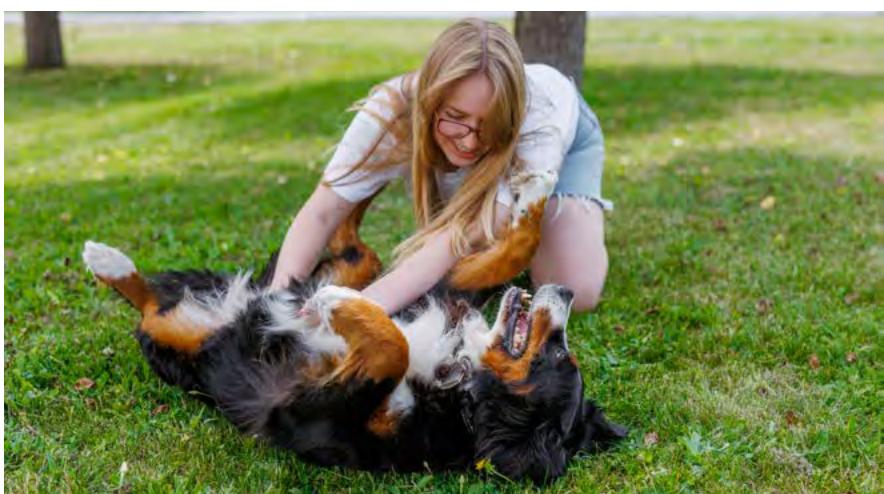
Be sincere. Dogs can feel a fake a million miles away! Just genuinely see something you love about them and take interest in it. Start there and then expand to hold interest in something you don’t know yet about them. Seek out more to know about them with joy.

Tomorrow, try noticing something *new*—a subtle behavior you hadn’t seen before. Let your interest grow naturally, like a garden.

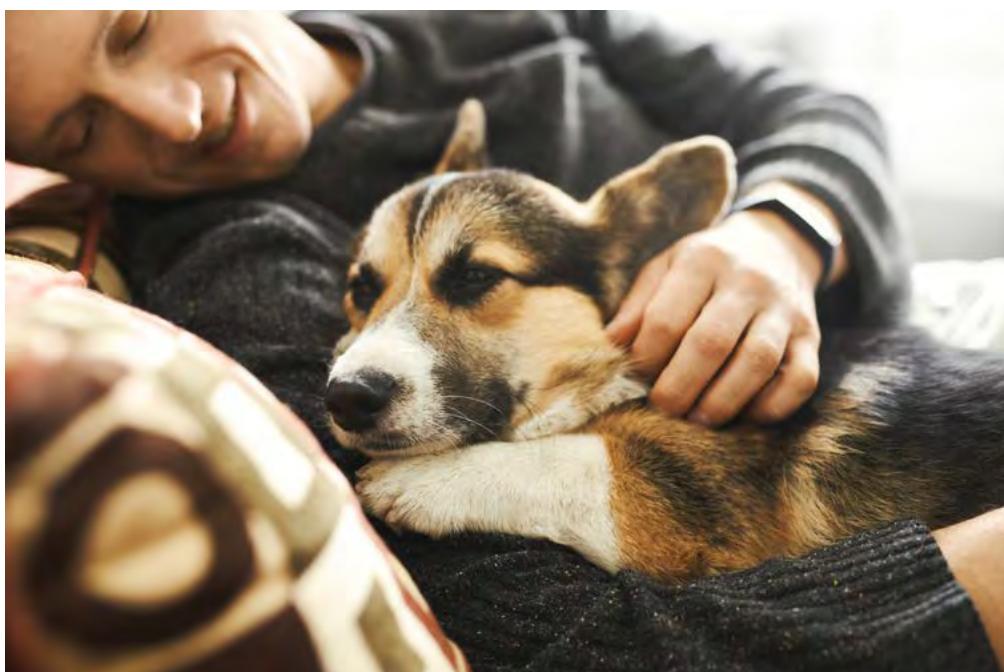
## ● **Exercise: Personality Playbook— Discovering Your Dog and Blossoming Their Personality**

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- Imagine a school setting: a mix of personalities you once knew.
- Ask, “If my dog were a kid in that classroom, who would they be?”
- Come back to the present moment. Observe your dog in real time—movements, expressions, small quirks, and notice additional things you would add to that identity. Enjoy yourself being so cool as to identify it so clearly!
- Use creative prompts: What color would my dog be? What kind of environment feels like them—ocean, forest, desert, cozy den?



- Practice this form of attention for three weeks as a “science experiment.” Don’t force outcomes, just observe and be present, along with all that you are doing with the equation to generate love.
- Watch and journal how their personality blossoms and how your care deepens with it. Notice the change with ease between you both and the feeling of greater peace or calm that may be present.

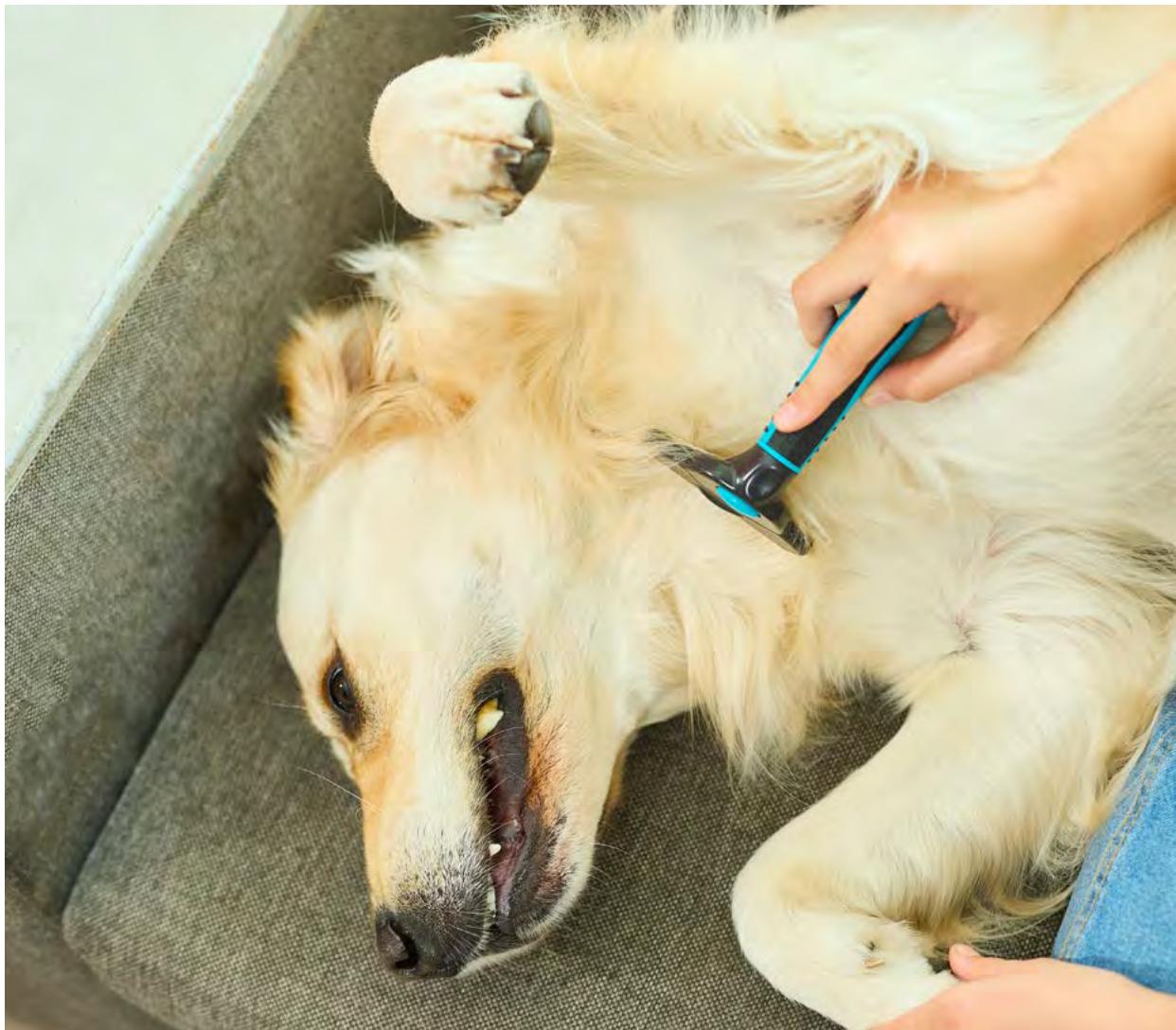


### **● Exercise: Five-Minute Love Pause— Offer Daily Care and Affection Through Tone, Touch, and Presence**

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Once a day, pause everything. Sit with your dog and do the following:

Speak to them with a soft, loving tone (just a few words are enough). Place your hand gently on their back, chest, or paws (wherever they like to be touched). Stay present—no phone, no agenda, just breath and contact. Let this be a quiet offering of affection, not a performance. It’s your heart saying, “I’m here. And you matter.”



### **● Exercise: Presence Without Expectation—Create a Safe Space Where Your Dog Feels Fully Received**

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Choose a quiet moment—early morning, afternoon light, or before bed. Sit beside your dog without asking them to do anything. Look at them softly. Breathe. Think silently: “I enjoy you, just as you are.” No commands. No pats unless they ask. Just presence. This is unconditional attention—one of the rarest gifts we can give.



## • Exercise: The Love Equation in Action—Practice in Action

Practice this three-step formula:

1. **WITNESS VALUE:** Tell your dog something you love about them: “You’re so gentle when you lie next to me.”
2. **SHOW INTEREST:** Engage in something they choose. Follow their lead during play or a walk.
3. **OFFER CARE:** Include a gentle action—affection, brushing, or their favorite treat. Repeat this routine for just 5–10 minutes each day. It may feel simple, but you’re building a foundation of trust, ease, and lasting love.

## ☛ The Final Fetch

Love isn’t just something you feel—it’s something you *do* that generates the feeling we call love. Every one of these practices helps your dog feel seen, safe, and cherished. And over time, you’ll begin to feel the same. That’s the true power of learning to love well.

“ Love isn’t just something you feel—it’s something you *do*...

## Living the Way of the Dog Checklist

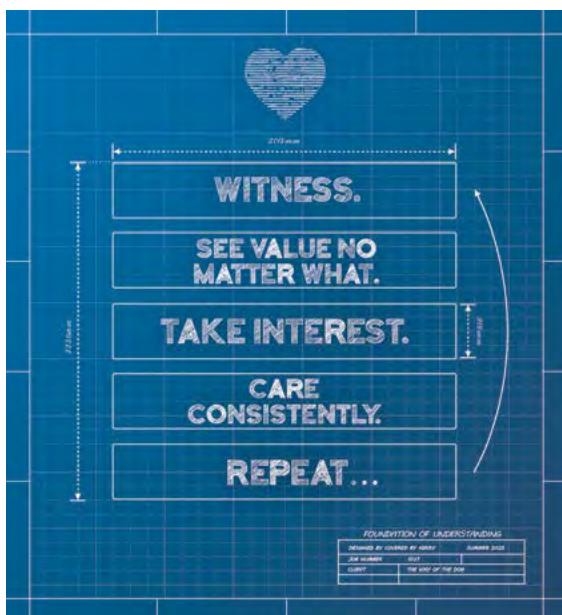
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### Chapter 6: How to Generate Love with Your Dog

Do these “inner profile” items a few times a week for three weeks. Treat it like a secret science project. Observe their personality blooming on the outside and in your heart. Let your bond deepen through presence and wonder, and allow yourself to notice it, contemplate it, and even journal it in your own journal or in the **Legacy of Love Dog Hub** area, where you can journal your heart out! You can find it at <https://MrWhiteAIDogBuddy.com>.

- SEE** your dog as valuable, just for being who they are.  
Name their personality to yourself and what you love about it.
  
- SHOW** genuine interest in what your dog is doing.
  
- OFFER** daily care and affection through tone, touch, and presence.
  
- IMAGINE** your dog as a school-aged child: the quiet observer, the jokester, the straight-A student—who would they be?
  
- OBSERVE** your dog’s behavior through this “kid in the classroom” personality type with warmth and curiosity.
  
- ASK** deeper, creative questions: What toys do they like? What do they do with their toy that may be different? What unique quirks does my dog have? What natural environment feels like them, etc.?
  
- WATCH** their response to your attention—softer eyes, calmer energy, more expression.

- DO** this “inner profile” practice a few times a week for 3 weeks. Treat it like a secret science project.
- PRACTICE** the Love Equation routine regularly:



As you do these steps, watch for signs of blossoming. Be consistent, love grows through steady rhythms. Notice the changes in how you feel and how your dog behaves and write about it in your journal.





C H A P T E R S E V E N

# THE MAGIC OF 5-MINUTE HANDS-ON PLAY

“

Five minutes of focused, loving touch can do what hours of training never could—it opens the heart and teaches your dog, ‘I see you, I’m with you, we’re in this together.’

—Anahata Graceland

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UNLOCKING THE HEART AND  
GROWING INTUITIVE RESONANCE

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### **The Magic Unveiled**

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Many have wondered why my Royal Frenchel Frenchies are the epitome of canine companionship, why they're so eager to please, and why they seem to understand us on a level beyond words.

Let me share with you the heart of it all—the **5-Minute Hands-On Play**. This isn't some secret I keep under lock and key; it's a simple, yet profound practice that has changed not only my dogs' lives, but also the lives of everyone, human and dog alike, who has given it a shot. It's a great one for intuitive development for sure.

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### **The Ritual of Connection: This Exercise is Better Than Gold**

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Imagine this: you walk in the door weary from the day's hustle, or anytime that works for you. Instead of moving on to your routine, you pause. By each door in my house, I have these little timers—simple boxes with settings for 5, 10, 15, or 20 minutes. I set it to 5, because in those five minutes, magic happens.

- ⌚ **TURN OFF THE NOISE:** Let everyone know you're spending a **5-Minute Hands-On Play** time with your buddy. No interruptions, distractions, or phones! Most things can wait just five minutes.
- ⌚ **GET EYE TO EYE:** Drop down to the floor, or if that's not possible, sit on the couch where they can see your face. Looking deeply into the eye is a profound act when we are simply appreciating someone. In this case, your dog.



⌚ **SPEND FIVE SOLID MINUTES**

**TOGETHER:** Think about this, when you take your pup home, you've named him or her (I will use him for simplicity here as my main dog is a boy), you're taking him in your car, in your arms, to your house, on the street you chose, into a dog bed you chose, a crate you chose. He gets up when you choose, goes to bed when you choose, and eats what you get. You, you, you, you, you! Okay, let's gag together . . . the truth is that dogs have us up the yin yang! This time? It's all about them. And how good it feels to get out of the self-centered rat race!

These five solid minutes are when you flip that, and instead, you make your dog the primary being for that time. And you have a mind of inquiry, not a mind of doing something to the dog.

You're actually wondering about him. And the whole purpose of those five minutes is to be pleased together, to enjoy each other, and to learn about him every single time. You can earn and learn endlessly about any living thing by just spending that moment with it.

There is a great article that expresses the importance of scientifically considering the dog's point of view rather than your own and how important it is to learn about and

“ Enter the wilderness of all you don’t know about your pup and observe, notice, and take interest in them.

know your dog for who they are, not what you think of them. This study, led by Holly Molinaro, a doctoral student in psychology and animal welfare scientist at ASU, along with Clive Wynne, a psychology professor specializing in dog behavior, was published in the journal Anthrozoös on March 10, 2025 (<https://www.tandfonline.com/doi/full/10.1080/08927936.2025.2469400>; this article may require a subscription or institutional access to view) and recently featured in The New York Times (<https://www.nytimes.com/2025/03/10/science/dogs-pets-emotions.html?smid=nytcore-ios-share&referringSource=articleShare>; this article also may require a subscription).

The article explores how humans perceive dog emotions and highlights a key finding: people tend to judge a dog’s emotional state based more on the context or situation surrounding the dog rather than the dog’s actual behavior or physical cues. The researchers argue that this misreading of our dogs can affect how well we care for them. If the dog’s people misinterpret stress as excitement or discomfort as contentment, based on the situation and context, and the effect it has on their dog, they might not address the dog’s actual needs. Molinaro emphasized the need to “take a second or two to actually focus on the dog rather than everything else that’s going on” to better understand what our pets are actually communicating.

The answer? Get soulful. Enter the wilderness of all you don’t know about your pup and observe, notice, and take interest in them. Learn who your dog is with just a short few moments a few times a week even, and you will find worlds of change and monumentally greater ease in all aspects of your relationship.

⌚ **INQUIRE, DON'T DICTATE:** Here's where the real magic starts. Don't come in with a list of commands or tricks. Instead, be curious. "Gosh, where do you like to be touched the most?" You might ask quietly. "Do you like to be scratched by your ear or under your armpit?" I ponder aloud. "What's your favorite toy?" Each question is followed by silence—not the awkward kind, but the kind where you're both just being, together.

Then wonder more. Here are some more questions you might ask: Do you like it when I rub your muzzle, your head, your neck, or your chest? Where is it that you enjoy the most? Do you like snuggling? Where do you like to snuggle? What part of the yard do you like? Who's your favorite person? What do you do most when you go outside? Chase birds? Chase squirrels? Don't ask a rash of questions at once. These questions are just examples of questions that take you into your pup's world. And the more genuine the ask, the more real your love.



⌚ **SILENT CONNECTION:** Then, every time you ask a question, quiet yourself in a mind of inquiry. Just allow yourself to notice. Do nothing. You may have thoughts; just gently focus on your question, your dog, and the space of resting in the inquiry.

It goes like this. You enter the silence of the inquiry, and you listen— you’re not going to hear your pup talk like a cartoon, obviously! But something happens to your brain and your pup’s brain when you do this repeatedly, something opens between you both. Your pup will sort of shift, and you will notice, thinking, “wow, my pup is getting easier to be around, more ready to do things I want.” Your pup moves into a trusting state, feeling that you really want to know him. Your pup realizes that there’s a space here between you. He thinks, “I get to fill that space. It’s suddenly not my human filling all the space. I’m filling the space . . . I’m important.” And when you do that, the pup’s personality blossoms even more unique expressions that you get to enjoy. And the two of you end up joining and being interconnected in a way that is very unique. Your pup will trust you more, like you do when someone shows you deep respect and interest, listening to you with total attention. Your pup will look for your guidance. He will honor you. If you call his name, he will respond to you faster, and he will do any training about 95 times better than before.

Try it as your own scientific experiment. It’s worth it. Because, in those quiet moments, something incredible happens. Our brains start to sync up in a way that’s more profound than any training session. Our intuitive selves kick in. It’s like we’re both tuning into the same frequency. Your dog starts to understand that this isn’t just play. It’s an invitation to share their world with you. They feel seen, truly seen, and they know their role to play, and that builds trust like nothing else.

⌚ **MUTUAL PLEASURE:** This isn’t about training; it’s about enjoyment, about feeling the warmth of each other’s company and being effective together. It’s about witnessing the uniqueness of your little one and about the joy and love you share. I’ve seen so many dogs’ eyes light up and their bodies relax as they realize this time is just for us, for joy, for understanding, and the greatness of being seen.

## The Benefits: A Love Like No Other

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### Deepened Bond

When you give your dog your undivided attention, even for just five minutes, you're saying, "You matter to me." This fosters a bond where they not only trust you but seek your guidance, honor you in their actions, show greater patience and trust, and respond to you with an eagerness that's palpable.

### Enhanced Training

Dogs who get to do this ritual with me respond to training like they're reading my mind. It's not because I'm some dog whisperer; it's because we've built a foundation of mutual respect and love.

And it's funny, you know, trainers always wonder what I do that makes my Royal Frenchel Frenchies so great. So much so that there is a funny slogan for the breed: "Manners Matter Most!" Royals tend to have natural manners; however, they were raised with this type of attention. We perform this ritual six days a week here with our Royal Frenchel pups. But trainers often don't understand the value of such a simple act, and often think I keep my ways secret. When I tell them this simple ritual, they can't see how profound its results might be. But when a person does try it, they always call later and tell me how remarkable an effect it had on the ease of their training.

### Intuitive Connection

Over time, you'll start to know your dog in ways that seem pretty magical. You'll notice their favorite spot in the yard, you'll think they will enjoy something as if you know it, and find out you're right, you'll suddenly sense where they are without actually seeing them, and feel an intimacy that's hard to describe but easy to feel. You will suddenly think things about your dog and realize you were right on. This is a great feeling for a human. First of all, to be right is just plain fun. But more than anything, we naturally feel good when we realize that our intimate connections allow us to know and sense what's going on. We simply feel better all the way around. We feel safer, and our world feels richer with hope and a constant low-grade joy that spikes every now and then. It makes us feel more connected to life itself.



## **Health and Well-being**

This time together also allows you to do a quick health check, looking into their ears, eyes, and checking all orifices, including their genitals and anus (yes, everything!). It's a loving way to ensure they're in good shape, catching any little issues before they become big ones. This is a great behavior to make a habit for the care of your best buddies. I can't tell you how many things I have caught that would otherwise have become horrendously painful issues, like ear infections or anal glands that are blowing up. Not fun at all for them, and for us, the vet bills aren't fun either.

“ When you give your dog your undivided attention, even for just five minutes, you’re saying, ‘You matter to me.’ ”

## **Putting it into Practice**

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I had a bet with a customer, promising her she would feel love in a way she's never known. That's how confident I was in this practice. Now it is years since that experiment with her, and she tells everyone about how true it is. Thank you, Kate Anderson!

## **For Those Busy Days**

Even if you're swamped, don't cut this time short. Three minutes is the bare minimum, and I only do that very rarely. Your dog will understand and appreciate that you stopped to give them even that time when you are obviously on the go. But don't make a habit of it. Aim for a minimum of five minutes or more. Go below that, and it's like you're leaving them hanging, and they will get frustrated, and you will erode the trust you built. But if you usually do five minutes or more (like I do most of the time), and once in a while only three, they'll still feel loved and respected. The other times will get you through. Just keep a good ratio of at least 7 to 1.

## Beyond Treats

Forget about the treats in your pocket. Hands-on play is the treat. To be really seen and have you in their court for a time is a remarkable honor and joy for them. Just saturate in it with them. They love it. That's treat enough.

In our kennel, I use treats only for this little ritual: I call each dog by name under our trees or in the kitchen, feeding them one at a time while the others watch. This teaches them not to grab after food and to wait until their name is called (however, that's for another story!). But it's definitely a fun pack activity at times.

In the **5-Minute Hands-on Play** exercise, it's not about the food; it's about the moment, the attention, and the love. Make the treat what they really want: your time. Your recognition of who they are and how important they are just because they exist is extremely nourishing to all involved.

## ☛ The Final Fetch

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I've worked with dogs for over 50 years, and I've seen the difference this makes. It's not just about getting your dog to be well-behaved; it's about opening a channel of love so wide that it transforms not just your relationship with your dog, but your understanding of love itself. Try it for three weeks. I promise you, you'll fall in love, maybe for the first time or in a new, deeper way. This isn't just play; it's a daily ritual to witness your dog's unique soul, meet them where they are, and grow your intuitive bond in a sacred pact of love.

And your Royal Frenchel or whatever pup or breed you have? They'll be your partner in life's journey unfailingly. Loyalty won't even touch the meaning you share together. If you do this for three weeks, write me and send your contact info to [Anahata@  
TheWayofTheDogBook.com](mailto:Anahata@TheWayofTheDogBook.com), or reach out to me via social media, text, or anywhere I have public contact (see Appendix D for my socials). I will send you a free book and a bunch of travel treats no matter your results. You simply have to send me a minimum of six days of notes for each of the three weeks, recounting and journaling about the experience you are having. I have a full list of my contact information, including my social media handles, in the appendix. So, have fun, and I will look forward to hearing from you!

## Living the Way of the Dog Checklist

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### Chapter 7: The Magic of 5-Minute Hands-on Play

- SET THE SCENE:** Find a quiet spot today for your first **5-Minute Hands-On Play**. No distractions—just you and your pup. How does the calm feel?
- HEART ON:** Before starting, take a deep breath and focus on connecting soul-to-soul. Whisper, “I’m here to know you.” Notice your dog’s reaction.
- TRY THE PLAY:** Do the 5-minute exercise exactly as described—touch, play, eye contact. What’s one thing your dog loves most about it?
- WATCH THEIR EYES:** During play, pause to look into your dog’s eyes. What do you sense about their mood or personality?
- NAME THE JOY:** After playing, jot down one word in your **Legacy of Love Dog Hub journal** (or other journal) that captures how it felt—fun, close, silly?



- MAKE IT DAILY:** Commit to doing the play tomorrow at the same time. Set a phone reminder if needed. How does your dog respond to the routine?
- NOTICE A CUE:** Look for one tiny signal during play (a tail wag, a head tilt). What might it tell you about their needs or feelings?
- SHARE THE LOVE:** Tell a friend or family member one thing you learned about your dog from today's play. Feel that pride in your bond!
- CHECK YOUR VIBE:** Reflect—did you approach the play with curiosity and heart? If not, what can you shift next time to feel more present?







C H A P T E R E I G H T

# CONSISTENCY FOR TRUST

”

Consistency  
isn't just about  
control—it's  
about kindness.  
When your dog  
knows what to  
expect, they can  
relax, open their  
heart, and thrive.

————— Anahata Graceland



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## THE ROLE OF ROUTINE AND BOUNDARIES



People refer to me as a “dog whisperer,” but I must tell you, I am nothing special, other than being highly diligent about being consistent with my dogs and respecting our roles together.

For instance, I have a ritual I do with all my dogs, and I often teach it to staff and people who visit. I call all the dogs in, all sizes, all ages, sometimes as many as ten or more. I have them watch me get a bowl of treats ready, cut up chicken, or tiny pieces of cheese, or small pieces of toast with a tiny bit of peanut butter. Once I've got the treat ready to go, I call one dog's name, and I give them the treat. New dogs try to bug in and take over and steal the treat. Of course, I don't allow that, and then shortly after one or two more dogs, I call their name and make everyone stand back until they get their treat. I do this repeatedly, at least 20 or so times, during a treat ritual. Now, this isn't rocket science, it's simply that I'm reliable and I never break down and let any other dog steal the treat of another.

Oftentimes, when I'm teaching this exercise to someone else, I observe that while they do it, they blow it and let a dog steal another dog's treat. The moment they do that, they have broken down their own reliability, and dogs start to get the idea that they

can get cheated out of their treat and become anxious. Fights can even break out. I tell whoever I'm training how important it is that consistency, which involves our own human discipline, is critical to success.

Consistency isn't just a tool; it's the cornerstone of a trusting, respectful relationship between you and your dog. Being consistent says you are reliable. Let's examine why it's so pivotal.

## Predictable World

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Just like us, dogs crave that sense of "I know what's coming next." When you set up a regular schedule for meals, walks, playtime, and snooze sessions, you're not just organizing your day; you're giving your dog a road map for theirs. This routine reduces their anxiety, letting them chill out more because they know the drill, much like how we feel when we have our day planned out.

Dogs aren't just pets; they're workers at heart. They love feeling useful and having a role in our crazy human world. Each task, each "mission," gives them a sense of purpose, a natural duty they're eager to fulfill. By setting clear routines, you're not only teaching them the ropes, but you're also helping them use their noggin for the good stuff, not worrying about the chaos of the day.

Take housebreaking, for example. When you take your pup out at regular times to the same spot for their business, you're essentially sending them a clear message. They start to understand you better, and it triggers that "oh, this is what we do here" moment. Associative learning kicks in—they begin to associate the spot with the act of going potty, making morning routines (or any time, really) a breeze for both of you. It's not just about keeping the house clean; it's about giving your dog the structure they crave and making them feel like they're nailing it, every single day. And let's be honest, sometimes it feels like they've got their act together more than we do with our routines!

## Behavioral Expectations

When you consistently reinforce boundaries and rules, your dog learns what's expected of them, minimizing confusion and misbehavior. This consistency in response to their actions teaches them the cause and effect of behavior, much like how children learn from consistent parenting. For instance, if your



dog jumps up to greet you, and you always calm them with a “down” or redirect them to sit, they’ll start to understand that jumping doesn’t get the reaction they want: attention or play. Consistency here means your dog isn’t left guessing; they know the rules of the game.

### **The Wisdom of Words**

Beyond behavior, dogs have a surprising capacity to understand words and tonalities. Research, such as that conducted by Dr. Ádám Miklósi and his team at Eötvös Loránd University (<https://pubmed.ncbi.nlm.nih.gov/34234259/>), has shown that *dogs can learn to recognize hundreds of words*, understanding both commands and the nuances of human speech when there’s consistency in usage.

A pivotal study published in Science by Andics et al. (2016)<sup>11</sup> revealed that dogs process words in a way similar to humans, using the left hemisphere of their brain for word meaning and the right for intonation, indicating they can grasp the meaning behind our words. This ability to learn and respond to language underscores the importance of consistent communication in shaping their behavior.



## Cultural Wisdom

The culture you cultivate together—the shared language, routines, and mutual respect—generates a unique wisdom in your dog. They carry this understanding into their daily behavior, using what they've learned to live harmoniously with you. It's not just about following rules but about embodying a lifestyle where they strive to be their best for you. This culture of consistency makes your dog not only a good companion but a wise one, capable of navigating human expectations with grace and intelligence. And let's not forget, this cultural exchange enriches us too, making us more mindful and appreciative of the subtleties in our interactions.

## Training Efficiency

Consistency in training commands, responses, and rewards accelerates learning. Dogs thrive on repetition and predictability, which not only makes training sessions more effective but also builds trust in your guidance. It's like they're saying, "I can count on you to mean what you say."

Here's a pro tip: keep training sessions short and sweet. Dogs, much like us, can lose interest if things drag on too long.

## Emotional Stability

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When we talk about being a consistent figure in your dog's life, it's about being their rock, their steady hand in a world that can sometimes feel like a whirlwind. Emotional stability for your dog means knowing that you're there, with your predictable reactions, your steady love, and your unwavering support. Here's what that looks like:

⌚ **PREDICTABLE RESPONSES:** If your dog jumps on you and you always respond the same way, whether it's with a calm "off" or a gentle redirect to sit, they learn what's expected. This predictability helps them feel secure, knowing exactly how you'll react. I once knew a dog who used to be so jumpy at greetings until his owner consistently used the "sit" command. It transformed their hellos into calm, happy moments.

⌚ **STEADY AFFECTION:** Dogs thrive on love, but it's the consistency of that love that builds trust. Whether you're having

a bad day or a great one, your dog knows that your affection doesn't waver. This reliability in your emotions means they can lean on you when they're feeling down or scared.

⦿ **UNCHANGING SUPPORT:** Just like we need friends or family who are there for us no matter what, dogs need that too. When your dog is anxious, sick, or just having an off day, your consistent presence—sitting with them, offering comfort, or just being there—is like a lighthouse in a storm for them. I remember a friend's dog who would only settle down for naps if she was there, stroking him gently. It was their ritual, their comfort.

⦿ **ROUTINE AS COMFORT:** Your daily routines become comfort zones. The time you spend together, whether it's the morning walk, the evening cuddle, or the nightly treat, becomes a source of emotional stability. It's like having a favorite song that always soothes you; for your dog, these routines are their melody of security.

For you, being this consistent figure means:

⦿ **DEEPENED BOND:** You'll find your connection with your dog strengthening as trust grows. They'll look to you for guidance and comfort more naturally.

⦿ **LESS STRESS:** Knowing your dog is emotionally stable can reduce your own stress. When they're happy and secure, it reflects back on you, making your life together more harmonious.

⦿ **MUTUAL UNDERSTANDING:** Over time, you'll notice you understand each other's moods better. You'll anticipate when your dog needs space or wants more attention, and they'll do the same for you.

⦿ **JOY IN SIMPLICITY:** There's a special kind of joy in knowing that your mere presence can stabilize your dog's world. It's a powerful feeling, knowing your consistency can make such a significant difference in another being's life.

In essence, being a consistent figure for your dog isn't just about setting rules or schedules; it's about being their safe haven, their constant in a variable world. This stability isn't just good for them; it's enriching for you too, creating a bond where both of you find peace, understanding, and joy.

## **Some Breed-Specific Insights as Examples**

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### **Job Seekers (Labrador Retriever, Siberian Husky, etc.)**

These dogs are like the 9-to-5ers of the canine world, but instead of a desk job, they're looking for a mission. Consistency for them isn't just about when they eat or sleep; it's about having tasks, like fetching, pulling, or even just having a job to do. For a Lab, that might mean regular retrieving games. For a Husky, it could be "work" like pulling something or having a long run. They need that structure to feel fulfilled, almost like clocking in at their canine career.

**“ Dogs thrive on repetition and predictability, which not only makes training sessions more effective but also builds trust in your guidance.**

### **Pocket Rockets (Shih Tzu, Pomeranian, Chihuahuas, etc.)**

These little dynamos might not need marathons, but they sure do need their minds engaged. Consistency here means regular little moments of training, affection, and play. They thrive on knowing they'll get that daily cuddle session, or that you'll play their favorite game of "hide the treat." Without this, you might find them turning your slippers into a chew toy out of boredom. It's all about keeping their brains busy and their hearts full.

## **● Exercise: Routine Rituals**

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Below are examples of "Routine Rituals" that embody this culture of consistency, reliability, and wisdom. Try incorporating some or all of them into your day on a regular basis:

⌚ **MORNING GREETING RITUAL:** Every morning, before you even think about coffee, you sit on the edge of your bed or on a specific chair. Your dog knows this is the cue. You give them a gentle scratch behind the ears and maybe a little “good morning” treat. It could be a tiny piece of their favorite biscuit or a special morning-only snack. This moment isn’t just about starting the day; it’s about saying, “I see you, and I’m glad we’re in this day together.” It sets a loving tone, like a warm hug before the day’s hustle.

⌚ **WALK TIME RITUAL:** There’s this one leash, the “adventure leash,” with its unique color or pattern. When you pick it up, your dog’s tail starts wagging like a metronome set to “excited.” Maybe you’ve got a little jingle or a specific phrase you say, like “Let’s go explore!” or you hum a tune that’s only for walks. This not only tells your dog it’s time to go outside but also builds excitement and a sense of shared culture, like a secret code between the two of you.

⌚ **MEALTIME RITUAL:** You have a designated spot where your dog’s bowl goes, maybe even a special mat or a little “dining area.” But here’s the fun part: you do a little dance or song while you prepare their food. It could be as simple



as a twirl and a “dinnertime” chant or a full-on chef’s performance with mock cooking sounds. This isn’t just feeding time; it’s a mini celebration of nourishment, turning a routine into something joyful and memorable.

⌚ **TRAINING RITUALS:** Every evening at 6 p.m., you pull out the training treats and a specific toy. You use the same commands every time—“sit,” “stay,” “come”—and you end each session with the same reward, maybe a special treat or a burst of enthusiastic praise. This isn’t just training; it’s about establishing a learning culture where your dog knows that at this time, they’re going to learn something new or reinforce what they know, and they’ll be rewarded for their efforts. It’s like a daily class where both of you are students.

⌚ **BEDTIME RITUAL:** After the evening wind-down, you and your dog have your spot, maybe on your bed or a special dog bed next to yours. You might give them a gentle massage, focusing on areas you know they love. Or perhaps you read a few pages from a book, using a calm voice that signals it’s time. Implement these rituals:

- **Start Small:** Begin with one or two rituals and expand as they become ingrained in your daily life.
- **Be Patient:** It takes time for both you and your dog to adjust to new routines.
- **Stay Consistent:** The key is consistency. Even if your schedule changes, try to maintain the essence of the ritual, perhaps adjusting the time but not the activity.

## ➔ The Final Fetch

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By infusing these rituals with your unique expressions, you’re not just training your dog; *you’re co-creating* a culture where *both of you* thrive on mutual understanding and respect. After even just a few rounds of these routines, these rituals and interactions become the threads that weave a tapestry of trust, comfort, and joy in your relationship. And remember, humor can be part of these rituals too; a silly dance or a funny voice can turn routine into something special and memorable for both of you. This isn’t just about managing behavior; it’s about building a life together filled with wisdom, joy, and a sense of belonging.

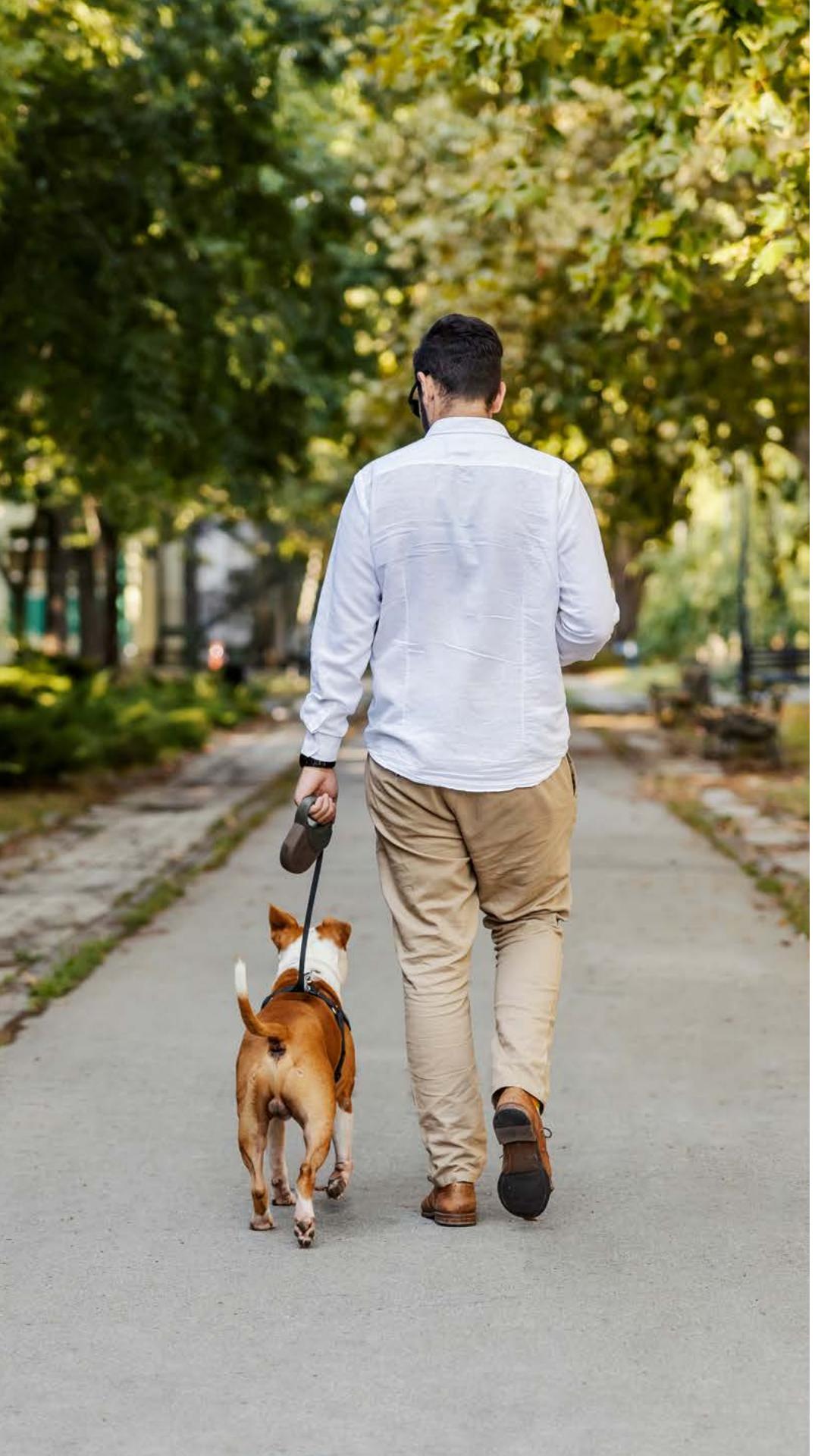
## Living the Way of the Dog Checklist

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### Chapter 8: Consistency for Trust

These easy and fun tasks are all about creating a life of predictability and joy, where both you and your dog can thrive on routine and mutual respect.

- MORNING MAGIC:** Start your day with a “Morning Greeting Ritual.” A quick cuddle or a special treat sets the tone for trust.
- ADVENTURE LEASH ACTIVATION:** Pick a specific leash or phrase for walks. Make it your dog’s cue for adventure time and watch the excitement!
- DINNERTIME DANCE:** Have fun with meal prep. Do a little dance or hum a tune. Make feeding time feel like a mini party.
- TRAINING TIME:** Set a regular time for training or learning new tricks. Keep it short, sweet, and consistent.
- BEDTIME BLISS:** Establish a calming bedtime ritual. Whether it’s a gentle massage or reading together, make it a peaceful end to the day.







C H A P T E R N I N E

# THE JOY OF FUN AND PLAY

”

From a dog, we  
learn that the  
smallest things  
in life can bring  
the greatest joy.

— Unknown



## Alright, we've laid down the groundwork with consistency, but now it's time to sprinkle some fun into the mix.

Dogs aren't just about routines; they're all about adventure, play, and pure joy. This chapter is about transforming everyday into a mini adventure, showing how play isn't just a break from training or routine but a fundamental part of your bond.<sup>12</sup>

I'm in my 70s, so I no longer run and roll in the yard and climb the jungle gym, dropping treats along the way for playtime! However, I bought myself a Tesla with Dog Mode (for those who don't know, Dog Mode is a feature that allows you to set a temperature, and the Tesla maintains it while you're away). For dog people, this is one of the greatest things you can ever imagine! I take my dogs everywhere; many who couldn't have gone previously now accompany my service dogs going to far-off places where we jump out of the car at all sorts of dog parks and take walks and enjoy treats and a fun time with new toys I pick up along the way. We both love our outings!

Different stages of life for your dog and for you create different types of play. My pups get lots of exercise at my large property at home; they don't need me to be doing jumping jacks with them to get them excited and worn out. Our playtime together is wonderful, and that is what is key about it. Make sure you love your playtime as much as your dogs; that is what will keep it going.

## The Role of Play in Bonding

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Play isn't just a way to burn off that boundless energy; it's the glue that strengthens your bond. When you play with your dog, you're speaking their language—one of chase, tug, and exploration. It's how you show them they're not just a pet but your partner in crime, in adventure, in life. Research by Marc Bekoff (2014)<sup>13</sup> highlights that play not only improves a dog's physical health but also their mental well-being, reducing stress and enhancing your connection.

**Example:** Ever played hide and seek with your dog? It's not just fun; it's teaching them to use their nose, to problem-solve, and to trust that you'll always be there when they find you. It's like you're both kids again, exploring the world together.

“ Through play, your dog learns not just how to follow but how to lead... ”

## Creative Play for Mental Stimulation

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Dogs need more than just physical exercise; they crave mental stimulation. Here's where you get creative:

- ⌚ **PUZZLE TOYS:** Introduce toys that make them work for their treats. It's like a treasure hunt that keeps their mind sharp. It's not just about the treat; it's about the satisfaction of solving the puzzle. Think of it as brain games for dogs.
- ⌚ **NEW ENVIRONMENTS:** Sometimes, the best play is just a change of scenery. A new park, a different walking route, or even a trip to a dog-friendly store can be an adventure. Dogs love novelty, and each new place is like a new world to explore. Remember, anything can be exciting to a dog, even if it's just a new patch of grass to sniff.

 **INTERACTIVE GAMES:** Games like fetch are great, but what about “find the toy,” where you hide items around the house or yard? It engages their sense of smell, their memory, and their love for play. Or try “Simon Says” with your dog, where they only follow commands when you say, “Simon says,” teaching them to pay attention to specific cues.

## The Power of Play in Communication

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Play is a powerful communication tool. Through play, your dog learns not just how to follow but how to lead sometimes, teaching you about their preferences and how they see the world. It’s a dance where both of you learn each other’s moves.

### Play Signals

Dogs have specific body language for play—the famous “play bow” is an invitation. Learning these signals can help you respond in kind, deepening your understanding and connection.

## Some Breed-Specific Insights as Examples

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### Adventure Athletes (Golden Retriever, Vizsla, etc.)

These dogs are the Usain Bolts of the dog park, living for the thrill of the chase and the joy of retrieving. Play for them isn’t just fun; it’s fulfilling their inner athlete. Tailor your activities to include fetching games or even simulated hunting tasks. Throw a ball,



hide a toy, anything that gets them using their natural instincts to run, swim, or track. For a Vizsla, a long run can be as much play as it is exercise; for a Golden, a game of fetch can make their day.



### **Chill Masters (Bulldog, Basset Hound, etc.)**

These dogs might not be up for marathons, but they've got their own game plan. Play for them might mean short, sweet bursts of energy, like a quick game of tug or a leisurely sniff around the yard. They enjoy scent games where they can use their noses without running a marathon, or interactive cuddle sessions where the play is more about closeness than cardio. For a Bulldog, a game of "find the treat" in a small area might be just the right level of challenge, while a Basset Hound might love a lazy day puzzle toy.

### **• Exercise: Playful Role Reversal**

Spend some time letting your dog initiate play. If they bring you a toy, follow their lead. If they're playful but not with toys, mimic their movements.

This exercise teaches you to read their intentions and shows them that you not only respect their way of communicating but can also read them. Witness forms a powerful connection.

### **Laughter and Learning**

There's something magical about laughing with your dog. Whether it's watching them chase their tail or the joy they exhibit in the simplest games, laughter is a shared language that creates joy.

Every play session is a learning moment. For your dog, it's about learning boundaries, commands, and social cues. For you, it's

about learning patience, reading your dog's mood, and being a better playmate.

## **The Final Fetch**

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We've talked about respect, intuition, and consistency. Now, with play, we see how all these elements come together to create a life of joy, adventure, and mutual growth. Play isn't just an activity; it's a celebration of the life you share, a way to communicate love, and a testament to the bond you're building. So, go out there, have fun, and watch how your relationship with your dog transforms into something even more magical.

## **Living the Way of the Dog Checklist**

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### **Chapter 9: The Joy of Fun and Play**

These steps are all about making every day a playground where both of you can grow, laugh, and learn together.

- PLAYFUL ROLE REVERSAL:** Let your dog take the lead in play this week. Follow their cues, whether it's with a toy or just a playful romp.
  
- BRAIN GAMES:** Introduce or rotate one puzzle toy this week. Watch them crack the code to find the treat inside—it's like watching a mini-detective at work!
  
- NEW SCENERY ADVENTURE:** Take your dog to a new spot for play—a different park, trail, or even a dog-friendly shop. Let them explore a new “world.”
  
- LAUGH TOGETHER:** Find one moment to laugh at something your dog does. Maybe it's their tail-chasing or a quirky play move. Laughter binds you closer.
  
- LEARN THROUGH PLAY:** During play, notice one new thing about your dog's behavior or preference. Use this to make the next play session even better.



A woman with dark hair is sleeping peacefully in bed, her head resting on a white pillow. A brown dog is curled up next to her, also sleeping. The woman is wearing a green t-shirt. The scene is softly lit, suggesting a quiet morning or nap. A large white circle is drawn around the top left corner of the image.

C H A P T E R T E N

# HEARTBEATS TOGETHER

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When we share our lives with a dog, we don't just gain a companion—we sync our heartbeats with healing. Their presence lowers our stress, strengthens our children, and lifts the quiet weight we didn't know we were carrying.

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Anahata Graceland

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## HOW DOGS HEAL OUR HEARTS AND IMPROVE OUR WELL-BEING

Let's talk about something as magical as it is scientific—the health benefits your dog naturally bestows upon you.

In this chapter, we're going to dive deep into how our canine companions are more than just friends; they're our health gurus in fur coats. From getting our hearts pumping to calming our minds, dogs have this uncanny ability to improve our well-being in ways we might not have fully appreciated, like there's some secret sauce in their DNA just for us.<sup>14</sup>

We'll explore how their presence can lead to better physical health, mental clarity, and even mend our broken hearts after life's toughest moments. But what's truly fascinating is how, often unknowingly, we benefit from the unique biology and behavior of dogs. We've been on this journey together, uncovering the secrets to a soulful connection with our dogs, but did you know that this bond can be the secret to not just a happier life, but a healthier one too?

We'll explore the science behind this bond, the lifestyle changes they inspire, and how they touch our lives in ways that go beyond the obvious into the very rhythm of our heartbeats!

### **The Science Behind the Bond**

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Humans might be unaware, but the uniqueness of their dog as a species triggers a wonderfully supportive environment

for their health, proven both by science and through ages of anecdotes. There's much we don't know, but what we do know and what we can see is that a dog in our lives enhances our lives enormously in ways we cannot necessarily see or may not be aware of, yet the statistics make it clear that having a dog helps us get healthy.

## Biochemical Responses

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### Oxytocin and Stress Reduction

Ever wondered why you feel so Zen after cuddling your pooch? It's because their love increases oxytocin, which can lead to less stress and, who knows, maybe even a serotonin boost. We're talking about feeling good, folks, and it's good for the heart. This biochemical dance between dogs and humans is like a secret handshake of health. It's science's way of proving what we've known all along: dogs are good for the soul.<sup>15</sup>

### Breath and Presence

You may not know this, but just being around a dog can chill you out. Their calm vibe, even their breath, are part of this relaxation magic, helping to keep your heart in check. All in all, a dog's presence helps to regulate our stress levels, like they're our personal stress barometers.<sup>16</sup>

### Immunity Boost in Babies

Research has shown that babies growing up with dogs have a *significantly* higher immunity. The exposure to a dog's microbiome can help in building a robust immune system from a very young age.<sup>17</sup>

### Healing Properties of Dog Lick

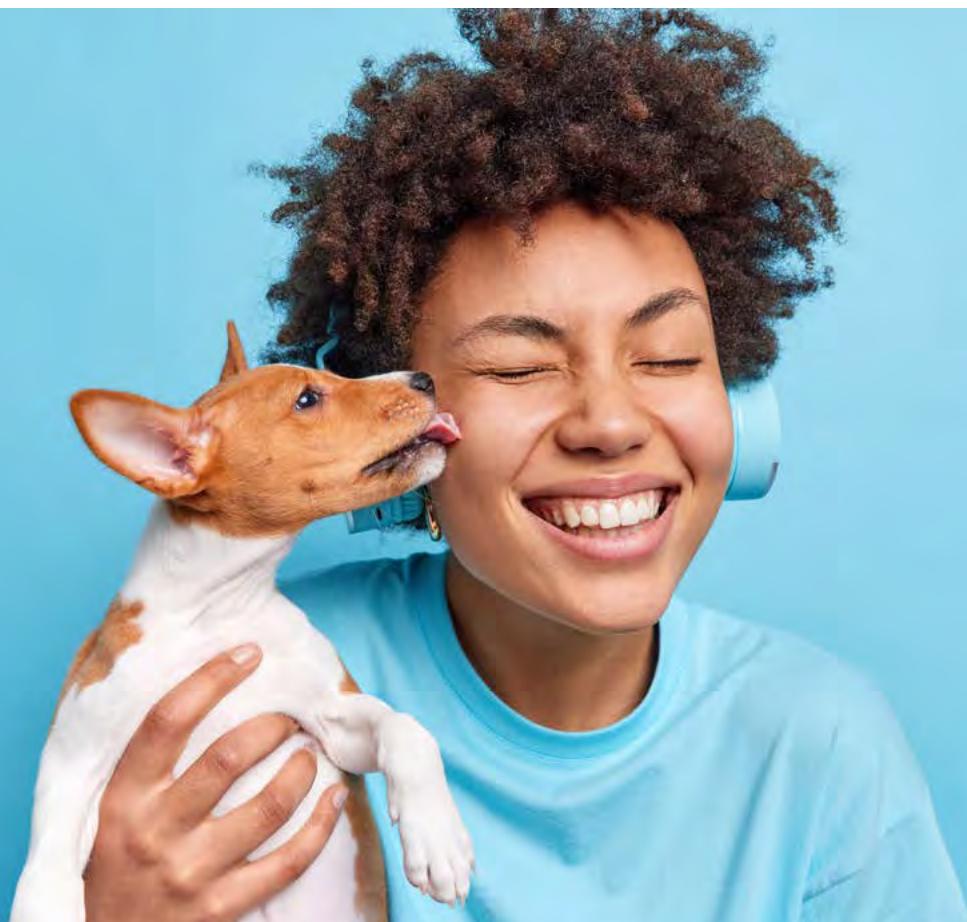
Dogs' saliva contains certain enzymes that can aid in healing. While it's not a cure-all, there's evidence suggesting that dog saliva can have antibacterial properties and can help in reducing the healing time for minor wounds or, in some cases, like my mother's (described next), keeping areas clean and healthy.

### My Story—Ruby the Healer

My mother, Barbara, had a G-tube, which is a tube for feeding people who can't swallow effectively. An incision is made into the belly, directly into the stomach. The tube insertion location

can become messy and ooze. Normally, people with G-tubes need regular medical interventions to keep the site clean and free from overgrowth. It is often burned off with a sulfur-like substance to stop the infection.

However, after I introduced Barbara to Ruby, a sweet Chihuahua who cleaned her tube site daily, she never had to undergo that medical intervention again, or the pain of it. Ruby took it upon herself to clean the G-tube port site daily, and my mother's



visits to the doctor were filled with amazement. They'd never seen such a healthy port without intervention, attributing it to "remarkable genes." But the real magic was Ruby's daily cleaning, proving that sometimes, the most natural remedies come with four legs and a wagging tail. Even when the doctors became fearful of potential harm, Ruby's 18 months of care had already demonstrated her effectiveness, showcasing the unique, intui-

tive health support dogs can provide while sharing the special enzymes that help us heal wounds.

Dogs bring magical health benefits into our lives, often in ways we don't fully understand but are grateful for, nonetheless. They're not just companions; they're partners in our health journey, enriching our lives in ways that go beyond the obvious.

## **Healing Our Hearts for Continued Longevity**

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Did you know that the bond you enjoy with your pup might just be the best thing for your ticker? Let's dive into how their very presence can work wonders for our heart health, like there's some secret sauce in their DNA just for us.<sup>18</sup>

### **The Heart-Healthy Benefits of Dog Ownership**

The soulful, intuitive bond with a dog showcases a layer of wisdom that transcends the mental to touch the very core of our physical well-being. Whether in their DNA or their love, which they give unflinchingly and without pause, our dogs give us significant life support from both the seen and the unseen



“ ...dog people enjoy a 33% lower risk of a cardiovascular-related death...

worlds that they invite us to. A lick, a glance, their breath, they are our health gurus in fur coats!

This isn't just anecdotal; it's backed by hard science. The companionship of a dog can literally save lives in those vulnerable times post-heart attack, offering not just emotional support but a direct impact on survival rates.

### **Lower Mortality Rate**

Dogs seem to be the unsung heroes after a heart attack or stroke. For those living alone, owning a dog can cut the risk of death by about 33%. It's not just companionship; it's life-saving magic. The study by the Swedish Twin Registry (<https://ki.se/en/research/research-infrastructure-and-environments/core-facilities-for-research/the-swedish-twin-registry>) highlights how the emotional and physical support dogs provide can be crucial for those recovering from major cardiovascular events, giving them not just a reason to get up in the morning but a biological boost to their recovery.

For those living with a partner or child, the protective effect of dog ownership is still substantial, reducing the risk of death by 15%. These findings underline the potential health benefits of canine companionship.<sup>19</sup>

As mentioned above, dog people enjoy a 33% lower risk of a cardiovascular-related death, due to the long-term benefits of having a dog, including lower blood pressure, reduced stress, and increased physical activity, according to the American Heart Association (AHA).

The relationship between pet ownership and cardiovascular health has been further elucidated by a significant study focusing on outcomes after hospitalization for cardiovascular diseases. According to this research,<sup>20</sup> owning a dog correlates with a decreased risk of experiencing additional cardiovascular events or mortality post-heart attack. These findings highlight the substantial protective effect that canine companionship can have on heart health.

### **Improved Survival Rates**

The association between pet ownership, particularly dogs, and cardiovascular health has been further clarified by recent research.<sup>21</sup> Dog people experience significantly improved survival rates. The data indicate a remarkable 65% reduced risk of death over the next ten years for dog people compared to those without a canine companion. This compelling evidence underscores the potential long-term cardiovascular benefits of dog ownership.

### **Increased Physical Activity and Psychological Well-being**

Dog ownership has been associated with significant benefits for cardiovascular health, extending beyond direct physiological effects to encompass lifestyle and psychological factors, according to a comprehensive scientific statement from the American Heart Association (<https://www.acc.org/Latest-in-Cardiology/Journal-Scans/2013/05/13/16/48/Pet-Ownership-and-Cardiovascular-Risk>).

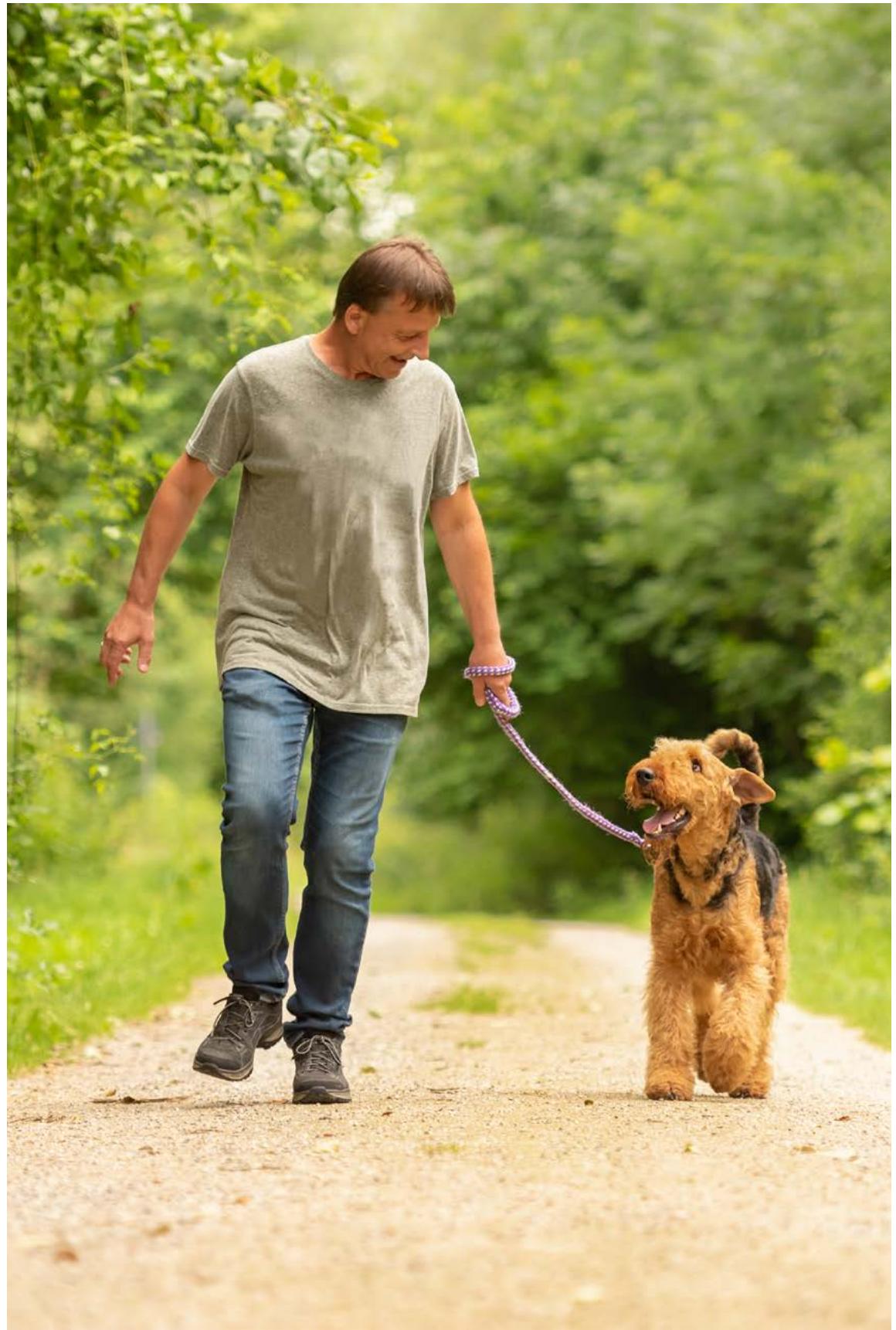
## **Physical Health Benefits**

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### **Increased Activity**

Ever noticed how dog people are always on the move? Well, there's science behind it. A study from Stanford University by Dr. Wendy C. Birmingham and her team showed that just by walking your dog, you're not only giving them a good time but also lowering your blood pressure and beefing up your cardiovascular fitness. They found that dog owners are more likely to hit those daily physical activity targets, which is like hitting the gym but with way more fun.

Dogs are all about routine, and that's good for our health. They don't care if it's raining or if you've got a million excuses; they'll



get you out there every day. This consistency isn't just for keeping them happy; it's also a health ritual for you. It's like they know that sticking to a schedule is good for trust, and in this case, it's good for your heart and every other system in your body.

## **Youthful Steps: How Dogs Keep Us Moving Towards Longer, Healthier Lives**

While the precise mechanism of how dogs contribute to longevity isn't fully understood, the combination of increased physical activity, social interaction, and reduced stress likely plays a role.

**“**The University of Michigan...found that dogs are a natural antidote to loneliness and depression.

### **The Gift of Longevity**

Here's how our dogs keep us not just living longer but feeling younger through the activities they inspire.

Thanks to our four-legged friends, we're not just living; we're thriving. The daily dose of exercise that dogs demand from us, be it through walks, runs, or play, isn't just good for them—it's a fountain of youth for us. Studies show that individuals who engage in moderate exercise, such as walking for at least 45 minutes a day, can significantly extend their lifespan. For instance, research indicates that moving this amount can reduce the risk of premature death by up to 23% compared to those who are sedentary. Dog people, who naturally incorporate this level of activity into their routines, often find themselves not only living longer but also enjoying a quality of life that feels years younger. This isn't just about adding days to our life but life to our days, thanks to the companionship and motivation our dogs provide. They're

not just our pets; they're our personal trainers for longevity, ensuring we're out there, heart pumping, and muscles moving, turning our daily life into a playground for health and vitality.<sup>22</sup>

## **Weight Management**

Here's a fun fact: according to research from the University of Missouri,<sup>23</sup> people with dogs tend to have a lower body mass index (BMI) than folks without dogs. It's like dogs are our little personal trainers, encouraging us to move more, which helps keep the pounds at bay. They don't just motivate us to walk; they make it enjoyable, tapping into that intuitive sense of what our bodies crave: movement.

## **Intuitive Movement**

The idea of dogs encouraging intuitive movement aligns with the concept of "play" as a form of exercise that is inherently enjoyable, thus promoting long-term engagement in physical activity.

When you play with your dog, it's not just about burning calories; it's about moving in a way that feels good. Dogs encourage us to be spontaneous, chase after a frisbee, or just romp around the yard. This kind of intuitive movement isn't forced; it's joyful. It's like they're teaching us to listen to our bodies, much like we've discussed with intuitive play, where you don't need to plan; you just need to engage.

## **Mental Health Benefits**

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Now, let's talk about chilling out. Time with a beloved dog can reduce stress, support emotional attunement, and provide an antidote to loneliness and depression.<sup>24</sup>

### **Stress Reduction**

Scientists at Washington State University discovered that spending *just 10 minutes petting a dog can drop your cortisol levels like a rock.*<sup>25</sup> Cortisol, for those who don't know, is that pesky stress hormone. Dogs provide a physical comfort that speaks to our core, reflecting the intuitive connection we've been building on. It's like they're saying, "Chill, human, I've got you."

### **Emotional Attunement**

Dogs have this incredible knack for tuning into our emotions.

They're like little therapists with fur, offering comfort when we're feeling stressed or down. This emotional attunement mirrors the intuitive empathy we've journeyed through in this book, where understanding each other becomes a silent language of support.

### **Combating Loneliness and Depression**

The University of Michigan did some digging and found that dogs are a natural antidote to loneliness and depression.<sup>26</sup> They provide companionship that goes beyond the superficial, fostering social interactions and giving us a sense of purpose. It's the wisdom of companionship, where the bond transcends words and makes us feel like we belong.

### **The Wisdom of Companionship**

There's a profound sense of belonging and purpose when you've got a dog by your side. They teach us about the importance of connection, not just for them but for our own well-being. It's this intuitive bond that often leads to a life filled with more joy and less solitude.

## **Boosting Kids' Immunity**

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Here's a fun fact that'll make you appreciate your furry friends even more: dogs can significantly enhance your children's immune systems! Research has shown that kids who grow up with dogs experience several health benefits, which are described next.

### **Reduced Risk of Allergies and Asthma**

A study published in the journal Pediatrics found that babies who live with dogs are 31% less likely to get sick during their first year.<sup>27</sup> Specifically, those exposed to dogs were 19% less likely to develop pet allergies compared to 33% in non-dog households (WebMD).<sup>28</sup> Another study from JAMA Pediatrics highlighted that children exposed to dogs within their first three months of life had lower rates of asthma.<sup>29</sup>

### **Fewer Respiratory and Ear Infections**

Children with dogs are 30% less likely to experience colds, ear infections, and coughs than those without pets (Orlando Health).<sup>30</sup> Additionally, a Finnish study noted that infants with dogs had a 44% lower chance of developing ear infections.<sup>31</sup>

## **Stronger Immune System Activation**

The presence of dogs in the home can lead to higher levels of certain immune system chemicals, signaling a strengthened immune response. This suggests that exposure to the variety of bacteria dogs bring indoors might help in training the immune system early on (WebMD).

## **The Hygiene Hypothesis**

This theory supports the idea that early exposure to a wide array of bacteria, which dogs naturally introduce into the home environment, can prevent the immune system from overreacting later in life to harmless substances. This is backed by the observation that children from environments with more microbial diversity (like farms or homes with pets) often have fewer allergies and autoimmune issues (Britannica, Johns Hopkins Bloomberg School of Public Health).<sup>32</sup>

## **Daily Play Keeps the Doctor Away**

So, here's a tip: let your dog be a part of your child's daily play. Dogs rolling around, licking, and playing with your kids might just be nature's own way of vaccinating them against a host of common ailments. *Remember, while it's beneficial, always ensure interactions are supervised for safety, and keep*



*up with regular vet visits for your pet to maintain their health and vaccinations.*

By embracing the messy, loving play between your kids and dogs, you're not just fostering a loving bond but also helping your children build a robust defense against illnesses. Here's to healthier, happier kids, thanks to our canine companions!



## Social Health

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### Community and Socialization

Dogs not only provide companionship but also facilitate social interactions in ways that might not occur otherwise, enhancing social health.

Harvard University researchers found that owning a dog can kickstart your social life like nothing else. You're out more, meeting other dog lovers, and suddenly, you have a community. These social ties are not just good for a chat; they're vital for mental health, building support networks that make life feel less lonely and more vibrant.

## **Shared Adventures**

Dogs don't just get us moving; they get us out into the world. Every walk, every playdate, is an adventure shared. This aligns with this book's focus on play and exploration, where dogs become our guides to not just physical activity but to social interaction, enhancing our lives in ways we might not have otherwise been involved. Meeting people with your dog is far more likely than if you walk alone. Dogs are people magnets, and it's easy to strike up conversations with new friends simply because your dog unites you at the local coffee shop.

## **In the Workplace**

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Imagine a workplace where the air buzzes with excitement, not just for the next meeting or deadline, but for the joyful moments of break time when dogs lead the charge for a walk around the block. Here, dogs aren't just pets; they're catalysts for health and happiness. Studies reveal that employees who bring their dogs to work enjoy significantly fewer sick days, thanks to the stress-buffering and morale-boosting magic these four-legged friends provide.

The presence of dogs transforms the office atmosphere, fostering a community where every human has a special friend, enhancing social bonds, reducing loneliness, and creating a shared sense of anticipation for those delightful, dog-led breaks. This isn't just anecdotal; research from Hall et al. (2017) in the International Journal of Workplace Health Management,<sup>33</sup> along with insights from Osborne Clarke, underscores the tangible health benefits dogs bring to our work lives. They're not just our colleagues; they're our health allies, making every workday a little brighter, more connected, and undeniably healthier.<sup>34</sup>

## **☛ The Final Fetch**

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Dogs have long been called our "best friends," not just for companionship but for the profound health benefits they offer, especially to our hearts. People haven't been as aware as our science has now revealed to us. This chapter delved into how our bond with our canine companions can significantly improve

our health, from heart health to mental well-being, and even our social lives. They're beyond being our pets; they're our guardians of health, love, and laughter, making every moment richer, every heartbeat stronger.

## Living the Way of the Dog Checklist

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### Chapter 10: Heartbeats Together

You are about to appreciate your life with your dog a good deal more as you realize that these fun tasks will bring you greater longevity and more daily energy, all while making your dog immeasurably happy.

- HEART HEALTH BOOSTER:** If you've had a heart health scare, consider how a dog might be your new best friend for recovery. They've been shown to reduce mortality by up to 33% post-heart attack.
- DAILY MOVEMENT:** Commit to at least one daily walk with your dog. Not only is it good for them, but research says it can reduce your risk of premature death by 23%.
- STRESS BUSTER:** Spend ten minutes petting your dog this week. It's like hitting the reset button on your stress levels, lowering cortisol, and potentially boosting serotonin.
- EMOTIONAL CHECK-IN:** Notice when your dog is comforting you. They're intuitive healers, so appreciate those moments of emotional attunement.
- SOCIAL BUTTERFLY:** Use your dog as an excuse to meet new people. It's not just about making friends; it's about building a support network for your mental health.

- ROUTINE IS GOLD:** Establish a daily routine with your dog, whether it's a morning walk or playtime. Consistency is key for both your health and theirs.
- PLAY FOR LONGEVITY:** Engage in some spontaneous play with your dog. It's not just fun; it's about moving intuitively, which is great for your health.
- REFLECT ON COMPANIONSHIP:** Think about one way your dog has made you feel less lonely or more purposeful this week. Dogs teach us the wisdom of companionship.
- HEALTH GUARDIAN:** Keep an eye on how your dog influences your physical activity. Lower BMI, better heart health—they're your health gurus in fur coats.
- CELEBRATE THE BOND:** Take a moment to really appreciate the health benefits your dog gives you. It's not just about the love; it's about the life they add to your days.







C H A P T E R E L E V E N

# YOUR DOG'S HEALTH AS A FOUNDATION FOR HAPPINESS

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Caring for your dog's health isn't just a duty—it's a love language. Every small act of prevention, every thoughtful meal, every vet visit is a promise kept.

— Anahata Graceland

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PHYSICAL AND EMOTIONAL  
WELL-BEING

Now that we've explored how dogs enrich our lives with health, let's delve even deeper into why maintaining their health is crucial.<sup>35</sup>

Not only do they help us stay healthy, but our efforts to keep them in peak condition can enhance this cycle of well-being. After all, a healthy dog means a healthier, happier life for both of you. Health isn't just about avoiding the vet or the doctor; it's about nurturing a vibrant life together, where both physical and emotional well-being are in harmony for all.

## **Nutrition: The Building Blocks of Life**

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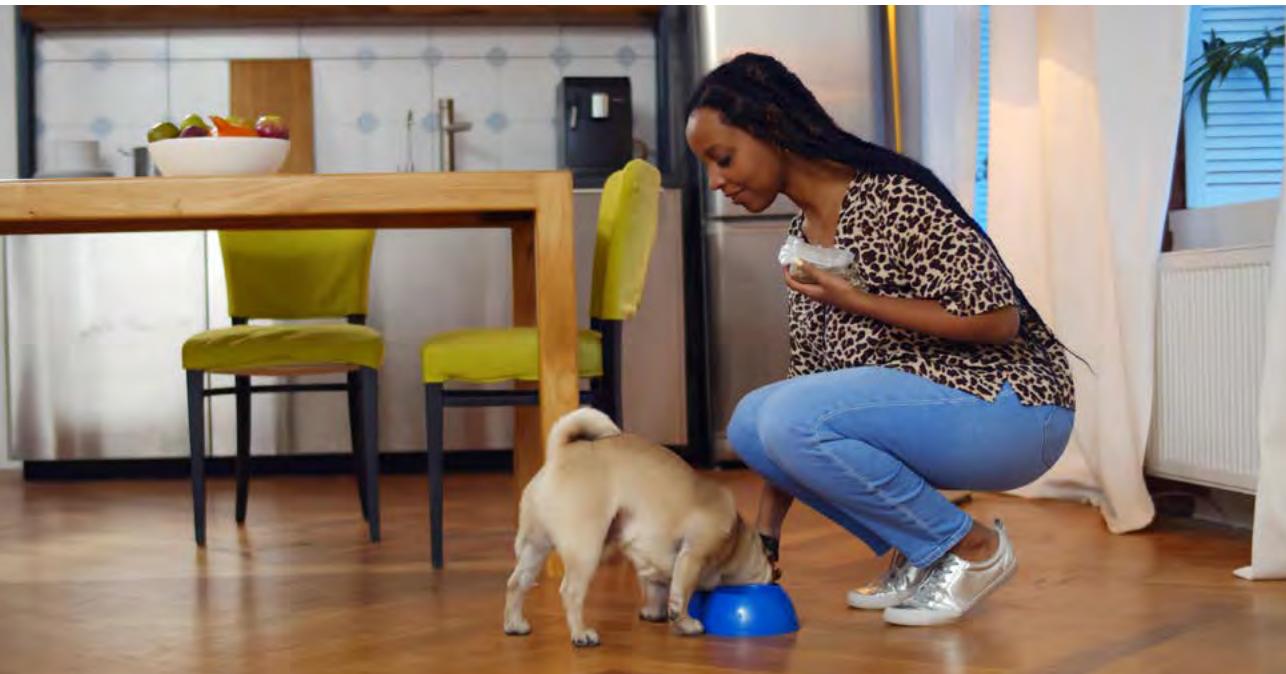
What goes into your dog's bowl is more than just food; it's the fuel for their adventures, the building blocks of their health.

### **Quality Over Quantity**

Dogs need a balanced diet rich in nutrients tailored to their specific needs based on age, breed, and activity level. Think of it like this: you wouldn't feed a marathon runner the same as someone who works at a desk, right? The same goes for dogs.

## A Recommendation: pawTree Dog Food ([pawTree.com/doglove](https://pawtree.com/doglove))

Speaking of quality nutrition, I've had a great experience with pawTree dog food<sup>36</sup> (<https://pawtree.com/doglove>) as a breeder. I had seven dogs with allergies, and after six months, they are allergy-free, and none of them are on medication now. This is the power of proper canine nutrition. My veterinary bills went down significantly, both for visits and medications, over six months on PawTree dog food. I am a lifer now. Founded by Roger Morgan, who has nearly a decade of experience in the pet industry, pawTree is formulated by one of the fewer than 150 canine nutritionists in the country. It offers a range of dog foods made with high-quality, whole-food ingredients. Their products are formulated for all life stages, providing options



for grain-forward and grain-free diets, ensuring you can find the right fit for your dog's dietary needs. Each recipe uses real meat as the first ingredient, offering a variety of proteins like duck, turkey, or whitefish, which are not only delicious for your pet but also packed with beneficial nutrients (Dogster, 2024). And what dog food company gives you a 90-day money-back guarantee? PawTree does.

I know I am hailing this company; however, I have seen so many miraculous changes in our dogs and customers' dogs by using it. I used to make my dog food, and it still wasn't as good as pawTree because their food has a proprietary mix of superfood nutritional content. Raw or cold-processed kibble, they are both remarkable.

Switching to a high-quality, species-appropriate diet such as pawTree can transform your dog's coat, energy levels, and even mood. As I shared, I've seen dogs with serious chronic skin issues who were on medications that would eventually harm them, clear up just by changing what's in their bowl.

## ● Exercise: More Than Just Walks

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Exercise isn't just about keeping the pounds off; it's about keeping the spark in their eyes.

Variety is the spice of life. Mix up the routine. Beyond walks, consider swimming, agility training, or even doggy yoga. Each activity not only works different muscle groups but also keeps their mind engaged.

## ● Exercise: Adventure Walks

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Once a week, go on an "adventure walk" where you explore a new path, visit a dog-friendly beach, or hike a small trail. It's not just about the distance but the experience, the smells, the sights, and the bond you share in a new setting.



## Mental Stimulation: The Key to Emotional Health

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A bored dog is an unhappy dog, and an unhappy dog might just become a mischievous one.

### Brain Games

Engage them with puzzle feeders, scent games, or even learning new tricks. It's like school for dogs, keeping their minds sharp and preventing behavior issues that stem from boredom.

## **Socialization**

Interaction with other dogs and people is crucial. It teaches them social cues, reduces anxiety, and enriches their life. Dog parks, playdates, or training classes are great ways to socialize. No matter what, you want to do this for the first two years of a pup's life, and from then on, they are well socialized.

“ Excessive barking, changes in appetite, or destructive behavior might be cries for help.

## **Preventive Care: The Proactive Approach**

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Health isn't just about treating issues; it's about preventing them.

### **Regular Vet Visits**

Annual check-ups, vaccinations, and dental care are non-negotiable. Think of it as maintenance for your best friend's health machine. A lack of dental care is responsible for many early deaths of dogs. As plaque builds, it causes gum disease, which can spread infection swiftly to the brain if it gets out of control, and/or create a long, slow ride to an early death with much pain in between. Please see what I do below, as I can't brush every dog's teeth in my kennel, but I can make a huge difference in keeping plaque to a minimum. Here's how:

### **Plaque Control**

I highly recommend a remarkable product that works from the inside out to reduce plaque and tartar—no dental chews or brushing battles required. It's called Plaque Control (<https://pawtree.com/doglove/product/Plaque-Control-GM2475?itemCode=2475&queryID=10bdf7385a8ca08db8e0275c3b5c47f2&itemCode=Plaque-Control-GM247w5>). It is formulated with organic kelp harvested from the pristine waters off the Scandinavian coastline and parsley. The natural super ingredients work through your pet's bloodstream and saliva to help fight plaque and tartar from

within. Just give your dog this soft chew, and you'll be amazed at the results, as I was. Try taking before-and-after photos to track the transformation yourself; within about five months or less, you should see a complete change!

### **Parasite Control**

Fleas, ticks, and worms can wreak havoc on your dog's health. Stay on top of preventatives; it's easier than dealing with an infestation.

## **Emotional Health: The Heart of the Matter**

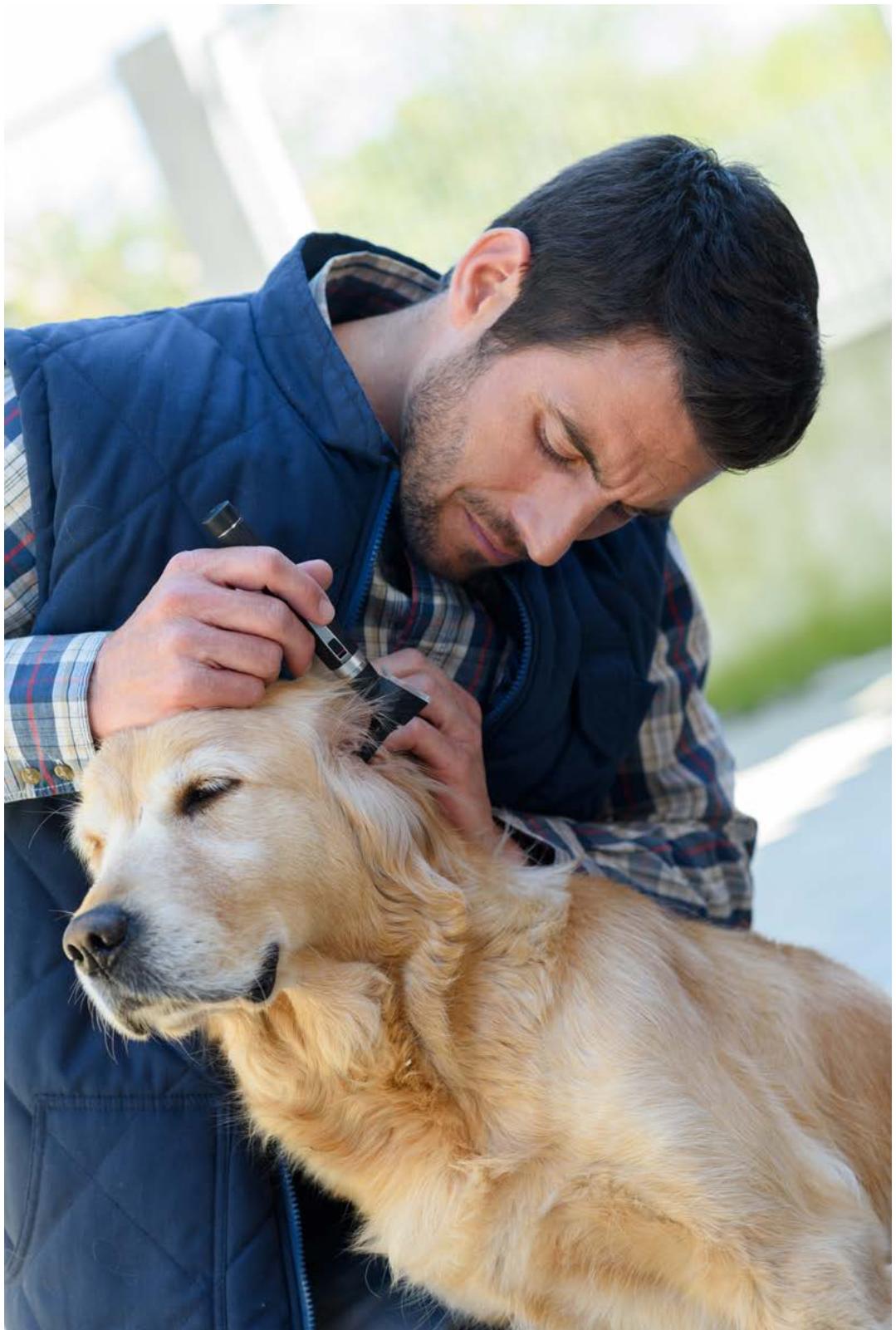
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Just like us, dogs have emotions, and their emotional health is as critical as their physical health.

### **Recognize Signs of Stress**

Excessive barking, changes in appetite, or destructive behavior might be cries for help. Understanding these signs can lead to addressing underlying issues.





## • Exercise: Health Check-in

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Once a week, sit down and observe your dog. Look for changes in behavior, appetite, or physical condition. This isn't just about noticing when something's wrong but celebrating when everything's right. It's a moment to connect, to ensure their emotional health is as cared for as their physical. So, check all orifices: (mouth, ears, and groin)

## **Some Breed-Specific Insights as Examples**

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### **Gentle Giants (Saint Bernard, Newfoundland, etc.)**

These big boys and girls are like walking skyscrapers, and their joints? Think of them as the foundations. Special attention to diet is crucial; they need nutrients that support bone and joint health. Glucosamine and chondroitin can be your best friends here. Exercise should be low-impact—think swimming, which is like a spa day for their joints, or gentle walks rather than marathon runs. For all dogs, including puppies, I recommend using Joint Support Plus by pawTree to supplement these nutrients to maintain the viscosity and resilience of your dog's joint fluid. You can get it here on my pawTree website ([https://pawtree.com/doglove/product/Joint-Support-Plus-for-Dogs-GMJSP\\_D?itemCode=2019&&queryID=81061b53a5d72cf2448dad476f065bca](https://pawtree.com/doglove/product/Joint-Support-Plus-for-Dogs-GMJSP_D?itemCode=2019&&queryID=81061b53a5d72cf2448dad476f065bca)).

### **Health-Challenged Champions (Cavalier King Charles Spaniel, Dachshund, French Bulldogs, etc.)**

Some breeds carry the baggage of genetic health issues. For Cavaliers, heart conditions are like an unwelcome family trait, so regular heart checks are a must. Dachshunds, with their cute, long bodies, are prone to back problems, so you'll want to keep their spine in mind with everything from their bed to how they play. French Bulldogs are known for real challenges with both spinal conditions and joint issues, along with a number of other health issues. So, tailoring care means being proactive—knowing what to watch for, adjusting diet, exercise, and even home environment to mitigate these risks. I am always happy to support you with a customized food plan. Just drop me an email at [pawsomefoodies@gmail.com](mailto:pawsomefoodies@gmail.com) with information about your

dog, age, health issues, likes and dislikes, and what food he or she has been on, and we will get to it!

## **The Final Fetch**

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Your dog is more than a companion—they’re a partner in your health, lifting your body and spirit with every breath and walk together. They help lower your risk for heart disease and significantly support successful recovery from heart attacks; they stimulate higher production of serotonin and other “love” chemicals that reduce stress and its associated ills. They also help our children increase healthy immunity as they grow, as well as sparking our daily dose of joy. They weave wellness into your life, just as you do for them through thoughtful care. A healthy dog fuels this sacred loop, their vitality powering the adventures, love, and wellness you benefit from and share. With choices like nourishing food and attentive care (the appendix lists my go-to products for Royal Frenchels, with links so they’re easy to find), you’re building a life where both of you thrive—hearts connected, bodies strong, and souls alight with harmony.

“ Your dog is more than a companion—they’re a partner in your health, lifting your body and spirit with every breath and walk together.

## Living the Way of the Dog Checklist

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### Chapter 11: Your Dog's Health as a Foundation for Happiness

This list is all about ensuring your dog's health is the cornerstone of your shared adventures, making every day one of vitality and joy. Enriching and lengthening each other's lives together feels so good!

- NUTRITION UPGRADE:** This week, try one new high-quality food or supplement like pawTree. Notice any changes in energy or coat.
- ADVENTURE WALK:** Plan one "adventure walk," somewhere new for both of you. It's not just exercise; it's an experience!
- BRAIN TEASER:** Introduce or play with a puzzle toy. It's like giving their brain a workout while having fun.
- HEALTH CHECK-IN:** Spend ten minutes observing your dog. Look for signs of health or happiness, or areas to improve.
- PREVENTIVE CARE:** Check to be sure your dog's parasite prevention is up to date. If not, make it happen - because no one wants to play host to fleas!



A photograph of a woman with brown hair tied up in a bun, wearing a white tank top, sitting on a dark blue couch. She is looking down at a silver laptop. A large, light-colored dog with dark spots is standing next to her, leaning its head against her hand. The background is a plain white wall.

C H A P T E R   T W E L V E

# THE DIGITAL AGE WITH DOGS

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Technology can truly deepen our bond with our dogs. I adore my Tesla for its brilliant ‘Dog Mode’—it’s made it possible to take my pups on ten times as many outings. Instead of being left at home wishing they could come along, they’re now part of the adventure. We get to stop at fun places, enjoy the day together, and I still get my errands done!

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Anahata Graceland

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## A New Era of Dog Care

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Just as technology has transformed our daily lives, it's opening exciting new possibilities for how we care for and connect with our dogs.

From smart gadgets to intuitive apps, the digital world offers tools that simplify training, enhance health monitoring, and deepen the bond between you and your best friend.

Whether it's tracking their adventures or learning new commands together, technology invites us to understand better and engage with our dogs in meaningful ways. Yet, at the heart of this connection lies something timeless: love, respect, and shared intuition. These tools are here not to replace those moments, but to enrich and extend the joy of being with your dog.

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### Embracing Technology with Heart: The Value of Mr. White AI Dog Buddy

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In today's fast-paced world, technology has the power to transform how we care for our beloved companions, and **Mr. White AI Dog Buddy** is a shining example of this evolution. But this is no ordinary tech tool. Mr. White was born out of love, inspired by my own lifelong companion and service dog, Mr. White, who

walked faithfully by my side for over 16 years. This AI isn't just a product; it's a continuation of that deep bond that Mr. White and I shared, now a masterful assistant designed to help you nurture your dog's health, happiness, and story in ways you might never have imagined.

The screenshot shows the homepage of Mr. White AI Dog Buddy. At the top, there's a navigation bar with the logo 'Mr. White' (a white dog icon), 'Home', 'About', 'Subscription', 'More', 'Login', and 'Contact'. Below the navigation, a large banner features the text 'Secrets of Paws and Humans, revealed they are.' and 'All the information for dogs and humans, packed into one hub.' It lists benefits like 'All-in-One Solution', 'Knowledge to strengthen your bond', 'For every dog & their human', and '100% human support'. A 'View Subscriptions' button is visible. To the right is a large image of a French Bulldog wearing a brown hooded sweatshirt, looking slightly to the side. Below the banner, there's a testimonial from 'Sarah T' from Portland, OR, with a 5-star rating, stating: 'The BlockchainDNA NFT gives me peace of mind knowing my dog's records are secure. The community is so supportive too!'.

The **Legacy of Love Dog Hub**, accessible exclusively to Elite Pack members of **Mr. White AI Dog Buddy**, is where Mr. White's power truly comes alive. It's an AI-powered sanctuary for your dog's life—a secure, dynamic space that keeps every important detail, from vaccinations and vet visits to training milestones and favorite memories, beautifully organized and always at your fingertips. This isn't just data storage; it's a living, evolving storybook of your companion's journey, accessible anytime, anywhere.

For those new to artificial intelligence, think of Mr. White as your trusted guide, gently learning from your input and offering tailored wisdom. He sends timely alerts, so you never miss a medication or appointment, suggests trusted local vets and groomers, and even helps you discover dog-friendly travel spots that only the most connected communities know about. All the while, Mr. White protects your dog's legacy through a unique BlockchainDNA NFT, giving you peace of mind that your bond and shared memories are securely preserved.

One of the most cherished features of the **Legacy of Love Dog Hub**

**Hub** is the ability to create a beautifully personalized keepsake book. Whether you want to celebrate your dog's first birthday, honor a special milestone, or simply preserve your favorite stories, photos, and videos, you can easily select any section of your dog's living hub to transform into a tangible, lasting memory. This book becomes a treasured tribute to your unique journey together—a physical reminder of the love, joy, and moments that make your bond so extraordinary.

But what truly sets Mr. White apart is how deeply personal he is. Inspired by the spirit of the original Mr. White, this AI partner doesn't just manage logistics—it enriches your life and your dog's life by helping you celebrate every milestone, capture every joyful moment, and deepen your understanding of your furry friend's needs and personality.

Mr. White also offers a sense of community. Through his private networks, you can connect with fellow dog lovers, share stories, and access expert advice—all fostering an interspecies culture of respect, love, and care. And for those who serve dogs professionally—vets, trainers, groomers, product makers—Mr. White's platform offers valuable tools and networks to grow their craft and better support the families they serve.

## What Makes the Legacy of Love Dog Hub So Special?

- ⌚ **SECURE, ALL-IN-ONE CARE ARCHIVE:** Safely store and organize your dog's health records, vaccination history, training milestones, photos, and stories—all accessible anytime, anywhere.
- ⌚ **PERSONALIZED MEDICATION & APPOINTMENT ALERTS:** Stay on top of your dog's health with timely reminders tailored specifically to their needs.
- ⌚ **BLOCKCHAIN DNA NFT LEGACY CERTIFICATE:** Protect your dog's legacy and your unbreakable bond with a unique, verifiable digital certificate on the blockchain.
- ⌚ **AI-POWERED PERSONALIZED GUIDANCE:** Receive tailored wisdom and insights from Mr. White that grow with your dog and your relationship.

**“ Mr. White AI Dog Buddy is about... blending decades of wisdom with the latest innovation to create [an] experience that feels warm, intuitive, and deeply supportive.**

- ⌚ **TRUSTED LOCAL SERVICES & DOG-FRIENDLY TRAVEL:** Easily find and review vetted vets, groomers, and discover places where your dog is truly welcome.
- ⌚ **EXCLUSIVE COMMUNITY ACCESS:** Join a vibrant, private network of dog lovers sharing stories, advice, and support.
- ⌚ **PRODUCT REVIEWS & DISCOUNTS:** Enjoy exclusive savings on carefully curated products designed for your dog's health and happiness.
- ⌚ **FETCH SUBSCRIPTION CONVENIENCE:** Get personalized alerts for supplies like food and medication so you never run out of essentials.
- ⌚ **CUSTOM KEEPSAKE BOOK CREATION:** Celebrate your dog's milestones by printing personalized books filled with memories, photos, and stories.
- ⌚ **PEACE OF MIND AND LIFELONG SUPPORT:** Benefit from a caring, comprehensive platform built to nurture your dog's well-being and your unique bond.

At its core, **Mr. White AI Dog Buddy** is about more than technology. It's about blending decades of wisdom with the latest innovation to create a companion care experience that feels warm, intuitive, and deeply supportive. Whether you're just starting your journey with your dog or seeking a smarter way to manage years of shared memories and health details, Mr. White is here to walk that path alongside you.

If you're ready to embrace this new era of loving care and preserve your dog's legacy in ways never before possible, visit <https://MrWhite-AIDogBuddy.com> and start your journey with Mr. White today.

## Smart Collars, Trackers, and Health Monitors

### GPS Trackers

Imagine never having to worry about losing your dog in the park again. GPS-enabled collars or tags provide real-time location tracking, which is a godsend for those with dogs who love adventure a bit too much or have a Houdini-like talent for escaping. For example, the **Fi Smart Dog Collar**<sup>37</sup> has been praised for its accuracy and battery life, offering geofencing features to alert owners if their dog strays too far. These devices can send alerts to your phone if your dog wanders too far or crosses a set boundary, giving you peace of mind to enjoy outdoor time without the constant fear of them getting lost.

### Health Monitors

Beyond just location, some collars are like a Fitbit for dogs. They track vital signs such as heart rate, monitor activity levels, and even predict potential health issues by analyzing patterns in their behavior or sleep. The **Whistle Go Explore** (<https://www.whistle.com>), for instance, uses machine learning (a branch of AI that learns from data, in this case, data about your dog's movement) to understand your dog's normal activity and rest patterns, offering insights into their health that can help prevent disease or catch issues early. This aligns perfectly with our earlier talks on health maintenance—it's about catching things early, preventing rather than just treating.



### Apps for Commands

Teaching your dog new tricks or reinforcing commands has never been easier with apps like **Dogo** and **Puppr**, which offer step-by-step guides, video tutorials, and interactive features to make training fun and effective. Dogo provides over 100 guided videos for skills such as recall, leash walking, and tricks (e.g., high-five, spin), using positive reinforcement to tailor training to your dog's pace. Puppr includes over 100 lessons with celebrity trainer Sara Carson, covering basic obedience to advanced tricks like "fetch

leash,” with a community feature for sharing your progress. Both apps emphasize positive reinforcement and patience, ensuring an engaging experience for you and your dog. They are available on the Apple App Store and Google Play, with high ratings for user-friendliness and effectiveness.

## Clicker Training Devices

Clicker training technology has elevated clicker training with devices that enhance consistency and streamline progress tracking. The **FluentPet Basic Buttons Expansion 4-Pack with Dogo App Integration** takes training to the next level by combining recordable sound buttons with the Dogo app, which tracks training progress, offers reminders for sessions, and provides over 100 video tutorials for commands and tricks. These buttons allow you to record custom cues for precise communication, ensuring consistent positive reinforcement, while the app’s intuitive interface delivers personalized training plans and real-time trainer feedback. Available on the Apple App Store and Google Play.

## Mental Stimulation and Play: Puzzle Toys and Interactive Games

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### High-Tech Toys

For mental stimulation, tech has introduced toys like the **PetSafe Automatic Ball Launcher** or the **Pet Tutor** treat dispenser, which can be controlled via an app. These devices allow you to program different levels of difficulty or reward schedules, supporting our earlier discussions on the importance of mental exercise for a dog’s well-being. They challenge your dog to solve puzzles or engage in games that require thought, not just physical activity. These toys can be found on Amazon (<https://www.amazon.com>).

### Virtual Reality for Dogs

While still in its infancy, dog-friendly virtual reality (VR) is an emerging technology that allows dogs to engage in simulated environments for play or rehabilitation. Research from the University of Lincoln<sup>38</sup> shows dogs can adapt to VR environments, which could be used for cognitive stimulation or even physical therapy, offering a novel way to keep their minds sharp or help with recovery.





## Communication and Bonding

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### Pet Cams

These aren't just for spying on your dog while you're away; they're tools for interaction. With devices like the **Furbo Dog Camera**, you can not only check in on your pup but also talk to them, toss them treats, or even play with them from your phone. This maintains the bond even when you're not physically present, reinforcing the emotional connection we've talked about. I literally bought a Tesla because of its **dog mode**. It has brought me so much joy. Because of the live video feature of dog mode, I can take my pack of dogs, eight of them, anywhere now with total ease and stay relaxed knowing I can check in on them at any time. The dogs love it, and the car (I had no idea how the car would work, other than the dog mode that I loved) has made me fall in love with it as well. So, a win on all levels for me and the dogs!

### Dog-Specific Social Media Platforms

Apps like **DogHood Playdate & Community** and **DogPackApp** are designed for dog owners to connect, arrange playdates, and share insights on their dog's behavioral progress. DogHood offers

a vibrant community where users create dog profiles, schedule meetups, and access training and health resources, fostering socialization and learning from fellow pet parents. DogPack enables playdate planning, pack walks, and community engagement, with features like lost dog alerts and a breed guide to support informed interactions. These platforms enhance the social skills development discussed in previous chapters, expanding your dog's social circle while reinforcing the core values of respect, intuition, play, and health nurtured throughout this book.

## Health and Wellness Tech

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### Telehealth for Pets

Let's get real: taking your dog to the vet can feel like planning a heist—you need the right time, the right energy, and no traffic jams. Enter telehealth to save the day. With video consultations, you can get expert advice, virtual check-ups, or training tips without leaving your living room.

Platforms like **Vetster** and **Pawp** make it possible for a vet to assess your dog's rash or observe their mobility, supporting proactive health management as discussed in this book. No more waiting rooms where your dog befriends everyone's shoes or catches a sniffle from another pup. Instead, it's about catching health issues early or managing chronic conditions from home. A 2021 study by the American Veterinary Medical Association found that telehealth boosts pet owners' engagement, leading to better health outcomes (AVMA, 2021).<sup>39</sup>

### Diet and Nutrition Apps

Nutrition is essential for your dog, and we covered it in Chapter 11. Apps like **PAWSM** and **Balance It** let you input your dog's age, activity level, and breed to tailor their diet with precision. PAWSM's nutrition calculator uses veterinarian-approved formulas and a searchable food database to recommend optimal portion sizes and nutrient ratios, ensuring your dog's meals are well-balanced for optimal health and energy. Balance It, developed by a board-certified veterinary nutritionist, offers thousands of customizable, vet-designed recipes for homemade meals that have been proven to enhance coat quality and vitality. These apps eliminate the guesswork of feeding, acting like a nutritionist in your pocket to support your dog's health, energy, and longevity.

## Interactive Learning and Behavior

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### Word Learning Devices

Imagine if your dog could talk back to you... sort of. Devices like the **FluentPet Connect** and **Hunger for Words Talking Pet Starter Set** allow dogs to paw at buttons to communicate specific words or phrases, like sign language for paws! FluentPet Connect, backed by ongoing research at UC San Diego, uses recordable buttons and app integration to notify owners of presses, helping dogs express needs like “outside” or feelings like “love you,” with some learning dozens of words. Hunger for Words, created by speech pathologist Christina Hunger, offers colorful, easy-to-press buttons with a step-by-step guide, making it simple for beginners to teach communication. These devices enhance your intuitive connection with your dog, making it fun and groundbreaking to understand their wants and feelings, from requesting a treat to saying “I love you.” And they do.

“ While all these gadgets and gizmos are cool, the heart of your relationship with your dog isn’t about the latest app or the fanciest collar.

### Treat Release Machines

Ever wanted to automate the treat game? Enter treat dispensers like the **PetSafe Treat & Train** and **Pet Tutor Smart Training System**, where your dog can learn to press a lever, touch a button, or perform behaviors to earn treats. It’s not just about the treat; it’s about teaching patience, cause-and-effect, and reinforcing positive behaviors. These devices keep your dog mentally stimulated when you’re out or busy, making training fun and engaging. The PetSafe Treat & Train, backed by veterinarian Dr. Sophia Yin’s research, and the Pet Tutor, praised in 2025 reviews, excel at reducing separation anxiety and improving



obedience through positive reinforcement, helping your dog thrive with every rewarding click.

## **Embracing Tech Wisely**

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Alright, let's not turn into tech zombies. While all these gadgets and gizmos are cool, the heart of your relationship with your dog isn't about the latest app or the fanciest collar. Technology should be like a trusty sidekick, enhancing the bond, not replacing the joy of a good old-fashioned belly rub or a game of fetch. Use tech to support the principles we've talked about: respect, intuition, play, empathy, and learning. It's about making life with your dog easier, healthier, and more fun, not about letting screens and beeps take over.

So, here's the deal: use technology to stay informed, to keep your dog safe, to learn, and to connect when you can't be there in person. But never let it overshadow the simple joy of being with your dog. The best tech won't ever replace the silent communication, the laughter, or the mutual respect you share with your furry friend. Keep the tech in check, let the love lead, and you'll find the perfect balance where both your lives are enriched. But it's cool to see what's happening and available now for sure.

## **☛ The Final Fetch**

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This chapter showed how technology can be a modern ally in deepening the bond between dogs and their owners, all while keeping

the focus on the timeless aspects of companionship and care. It's about enhancing, not replacing, the core values we've explored throughout this book. Remember, at the end of the day, it's the love, laughter, and loyalty between you and your dog that truly matter.

## Living the Way of the Dog Checklist

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### Chapter 12: The Digital Age with Dogs

This checklist is designed to encourage you to explore how technology can complement the natural, intuitive bond you share with your dog, without overwhelming either of you. It focuses on practical, fun applications that can enhance your relationship.

- MR. WHITE AI DOG BUDDY:** Visit <https://MrWhiteAI-DogBuddy.com> to explore your dog's loving digital Dog Master. Designed to walk alongside you through every season of life with your pup, Mr. White helps you store and track vet visits, vaccinations, alerts, and reminders—all in one easy place. You can also record memories, capture magical moments, and begin creating your very own keepsake book. Let Mr. White gently guide you through reflection, connection, and the celebration of your dog's one-of-a-kind story. And have fun with the unique checklists from this book as well!
  
- GPS TRACKER:** Explore or use a GPS tracker this week or set up a geofence to see how it gives you peace of mind and delivers the results you're looking for.
  
- HEALTH MONITOR:** Try using or learn about a health monitoring device. Check your dog's activity or sleep patterns to see if there's anything to note.
  
- TRAINING APP:** Download a dog training app and teach your dog one new command or trick using its guidance.
  
- TECH TOY:** Introduce a high-tech puzzle or treat dispenser to your dog. Observe how they engage with it and adjust the difficulty accordingly.



- VR FOR DOGS:** Look into or discuss with your vet the potential of VR for dogs, especially if your dog needs mental stimulation or rehabilitation.
- PET CAM INTERACTION:** Use a smart camera to interact with your dog when you're away. Give them a treat or just say hello to maintain that bond.
- SOCIAL MEDIA FOR DOGS:** Join a dog-specific social media platform or app to connect with other dog owners, maybe even arrange a playdate.
- TELEHEALTH APPOINTMENT:** If your dog has any minor concerns, consider a telehealth vet visit. It's a good way to manage health proactively.
- NUTRITION APP:** Use a diet app to review your dog's current diet. Make one small adjustment based on the app's recommendations.
- WORD LEARNING:** If you have the means, try a word learning device like FluentPet. Teach your dog one word or phrase this week.
- TREAT RELEASE FUN:** Spend time with a treat release machine, teaching your dog a simple behavior to earn a treat.



A close-up photograph of a woman with blonde hair kissing the nose of a small, light-colored Chihuahua. The woman is wearing a plaid shirt. The dog is being held by a person whose hands are visible. The scene is bathed in warm, golden sunlight.

C H A P T E R   T H I R T E E N

# DEEPENING THE EMOTIONAL BOND

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To our dogs, we are more than caretakers—we are the calm in their storm, the safety in their unknown, and the heart they look to when the world feels too big.

— Anahata Graceland



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## EMPATHY AND EMOTIONAL SUPPORT

### **Empathy: The Heart of the Bond**

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We've talked about routines, play, and health, but now we arrive at something even more essential: empathy.

It's what elevates our bond with dogs from companionship to something soul-deep. Our dogs are more than pets. They are our emotional anchors, our joy bringers, and at times, our most compassionate therapists. This chapter is about listening with your heart and learning to respond in ways that nurture a truly empathic connection, caring for your best friend.

### **When They Speak Without Words**

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Not long ago, one of my closest girls, Snow Bo, was pregnant. We were moving through our normal routine, something we'd shared for years, when I noticed a shift. Over the course of just a few days, she began wanting to be close, physically touching me almost constantly. It wasn't neediness. It was a message.

That unspoken request was her way of saying, "I'm changing. I need you close." We were stepping into a new phase of her pregnancy. Many people, with good intentions, might set up a whelping pen at this point and gently separate their girl to prepare for the birth. But that separation is often the opposite of what she needs.

Instead of giving her “space,” I gave her closeness. I met her where she was. I listened not just with my ears, but with my presence. And now, her puppies have arrived—strong, content, and thriving. She is healthy and glowing, and I know without question that my choice to empathize and stay close made all the difference.

## **Reading Between the Lines: How Dogs Show Stress**

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Our dogs experience stress just like we do, though they speak a different language. They don’t use words, but their bodies, behaviors, and energy always tell the truth.

You might notice a pant that seems out of place, a yawn that’s too frequent, or a sudden disinterest in eye contact. Pacing, trembling, a tucked tail—these are whispers of discomfort. A dog might become more withdrawn or more reactive. Barking could spike. Destruction might show up where there was calm. Sometimes, their bodies show it, too: tummy troubles, itchy skin, or a weakened immune response.

When we become fluent in these quiet signals, we gain the power to help.

### **Easing the Load: How to Support a Stressed Dog**

Once you recognize that your dog is stressed, your role shifts: you become their safe place. Often, the first step is simply turning down the volume of life. Lower the lights. Mute the chaos. Give them a quiet space to just be.

Sometimes, all they need is you. A calm hand resting on their body. A gentle stroke. Your calm voice lovingly embracing them, letting them know they are safe by your side. A few minutes of simply sitting close, sharing the same breath. Touch and your voice can be powerful forms of reassurance.

Dogs also find peace in rhythm. A steady routine for meals, play-time, rest, and even training helps them feel secure. Their nervous systems can rest when the world becomes predictable again.

And don’t forget the power of play. A good romp, a long walk, or some tug-of-war can burn off tension and flood their systems with feel-good endorphins. Pair this with mental stimulation—



a new trick, a puzzle toy, or gentle training—and you give their minds something constructive to focus on.

If your dog seems stuck in their stress or if you're unsure how to help, don't hesitate to reach out to a vet or a behaviorist. There are gentle tools and supportive therapies available that can guide your dog back to balance.

### **Protecting Their Peace Before Stress Arrives**

The most effective way to manage stress is to prevent it. Early and consistent socialization helps your dog feel comfortable in all kinds of situations. They learn that the world is a safe and interesting place, not one to fear.

When big changes are coming, like a new home, a baby, or a travel plan, introduce them gradually. Allow your dog time to process, to adjust. Change is less frightening when it comes in whispers, not roars.

Some stressors are predictable, like thunderstorms or fireworks. With time and patience, you can gently desensitize your dog to these triggers using positive reinforcement and slow exposure.

And, of course, nothing replaces good health. A well-fed, exercised, and routinely checked dog will naturally be more resilient. Keeping their body strong helps protect their spirit, too.

## ● **Exercise: Celebrating Joy, Creating Happy Days Together**

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To enhance joy, let's identify what your dog truly loves and turn it into fun exercises.

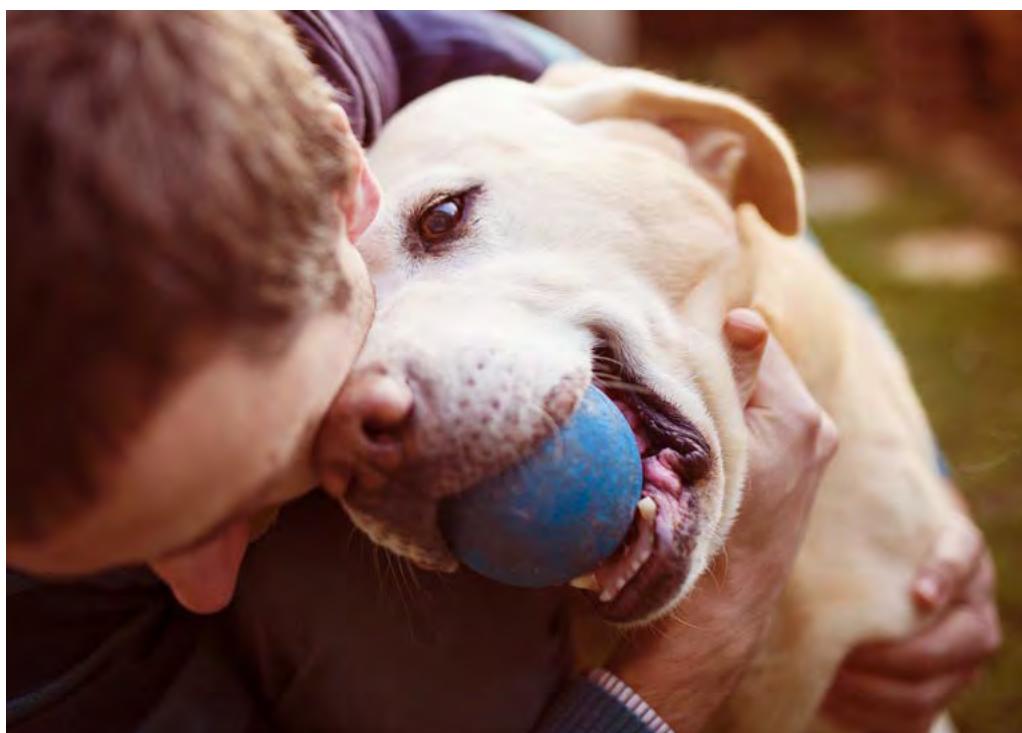
### **Observation**

For a week, observe your dog during free time. Note what activities or objects they gravitate toward. Do they love sniffing out treats, playing fetch, or perhaps they enjoy chasing bubbles?

### **Joy Mapping**

Create a “joy map” of your dog’s interests. This could be a simple list or a visual diagram. For example:

- ⌚ **SNIFFING:** Loves to explore scents in the yard.
- ⌚ **CHASE:** Adores chasing after balls or frisbees.
- ⌚ **WATER:** Gets excited by the sight of a puddle or a hose.



“ By identifying and nurturing what truly makes your dog happy...you’re creating a life filled with laughter, love, and shared joy.

### Tailored Play for Fun

Based on your joy map, design a personalized play session. If your dog loves sniffing, create a “scent trail” with treats hidden around the yard or house. For a chase enthusiast, vary the fetch game by using different toys or changing the throwing style. If water is their joy, have a mini “water park” day with a kiddie pool, sprinklers, or a hose. Here’s how to structure it:

- ⌚ **SCENT ADVENTURE:** Hide treats or favorite toys in various spots. Use different heights and textures for variety, teaching them to use their nose in new ways.
- ⌚ **CHASE CHALLENGE:** Incorporate obstacles or change the game to “hide and seek” with toys, encouraging them to use both their speed and their brain.
- ⌚ **WATER FUN:** If they love water, set up a small obstacle course where they can splash through water bowls, under a gentle hose, or around a mini pool.

### Joy Reflection

After each session, reflect on what seemed to make your dog happiest. Did they have a particular favorite part? How did their energy change? Use this reflection to refine future activities.

Remember, this can sound like work, but if you look at it as having fun yourself and enjoy the thought of hitting the mark with your dog, then you will enjoy it immensely. Also, let yourself move about naturally, noticing things that bring your pup happiness without working hard at it. It ought to be fun for you as well!

## Some Breed-Specific Insights as Examples

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### Sensitive Souls (Greyhound, Whippet, etc.)

These dogs are like the poets among pooches, feeling the world deeply. They might startle at a loud noise or become overwhelmed in busy environments. Understanding this, you can provide extra comfort during stressful situations—maybe it's a cozy blanket in a quiet room or extra gentle reassurance during thunderstorms. Their sensitivity means your empathy can turn into a profound connection, where your calm presence is their sanctuary.

### Independent Thinkers (Akita, Shiba Inu, etc.)

These breeds are the lone wolves of the dog world, not always showing their affection in ways we expect. They might not be lap dogs, but that doesn't mean they're not loving. They show affection through subtle signs: a lean against you, a brief nuzzle, or simply choosing to be in the same room as you. Reading between the lines of their reserved behaviors requires patience and observation. It's a dance of understated love where your understanding deepens the bond without the need for overt displays.

## • Exercise: Emotional Bonding Ritual

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Create a simple daily or weekly ritual where you focus solely on emotional connection. Maybe it's a short meditation session where you both breathe together, or a time where you sit quietly with them, offering gentle pets while thinking loving thoughts. This ritual reinforces your bond on an emotional level.

## • The Final Fetch

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We've journeyed through respect, intuition, consistency, play, and health. Now, we focus on the emotional heart of this relationship. It's about being there for each other, understanding each other's emotional landscapes, and growing stronger together.

By identifying and nurturing what truly makes your dog happy, you're not just preventing stress; you're creating a life filled with laughter, love, and shared joy. This bond isn't just about training or routine but about sharing life's highs and lows, creating a

partnership where empathy and emotional support are as vital as food and shelter. This isn't about perfection but about presence, empathy, and the joy of companionship. Here's to deepening that connection, to understanding and being understood, to the joy of companionship that transcends words.

## ■ Living the Way of the Dog Checklist

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### Chapter 13: Deepening the Emotional Bond

These steps are all about tuning into your dog's emotional world, strengthening your bond through empathy, understanding, and shared joy.

- STRESS WATCH:** Pay attention to one sign of stress in your dog this week. Respond with calm and comfort.
- JOY MAPPING:** Make a quick "joy map" of what makes your dog happy. Pick one joy to enhance this week.
- TAILORED PLAY:** Based on your joy map, do one play session tailored to their interests. Maybe it's a scent game or a splash in a kiddie pool.
- EMOTIONAL RITUAL:** Establish a small, daily ritual for emotional bonding. It could be a quiet cuddle or shared breathing exercise.
- REFLECT ON HAPPINESS:** After a happy moment with your dog, take a second to think about what made it special. Use this to plan more joy.



1

4

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3

A photograph of two dogs on a light-colored wooden floor. A large, white, shaggy dog is lying down, looking towards the camera. In front of it, a smaller puppy with black and tan markings is standing and looking up at the larger dog. The puppy's front paws are visible. The background is slightly blurred.

C H A P T E R F O U R T E E N

# WELCOMING A NEW DOG HOME

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When you bring a dog into your home, you're inviting in joy, responsibility, and a reminder to live in the moment. That's culture-shifting.

— Jon Katz

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## HARMONIZING AN INTERSPECIES CULTURE AT HOME

If you’re bringing your new dog into a home with other pets, especially pets from another species, you will see interspecies dynamics play out as you introduce your new dog to your resident pets.

You’re not just managing dog-to-dog or dog-to-cat interactions; you’re crafting a blended family where each member’s needs—social, spatial, and emotional—intertwine. A big puppy might intimidate a small cat, an older dog might grumble at a young interloper, or a resident pet might feel displaced.

Your consistency—meals on time, clear cues like saying “Gentle” when necessary, and prioritizing your established pets—provides the glue. You’re the conductor, trusting your pets to want harmony while guiding them to find their unique sound in the mix. Research from sources like the Ohio State University’s Indoor Pet Initiative ([https://indoorpet.osu.edu/dogs/new\\_additions\\_dogs/introducing-new-dog-your-current-dog](https://indoorpet.osu.edu/dogs/new_additions_dogs/introducing-new-dog-your-current-dog)) highlights that structured routines and positive reinforcement can turn these dynamics into a thriving, workable culture rather than havoc.

In short, interspecies dynamics are the living, breathing relationships between different animals (and you!) in your home.

They're fluid, fascinating, and full of potential—your steady hand makes them sing.

Bringing a new dog into your life is quite an adventure, brimming with excitement and the promise of new love. But when you've already got a beloved crew at home—be it a loyal dog, a curious cat, or another animal pal—that joy comes with some responsibility to ensure everyone hits it off and communicates interest, safety, and welcoming attitudes.

Whether your new addition is a rambunctious puppy with boundless energy, an adolescent ready to hit the road, or a wise older dog carrying a lifetime of stories, introducing them to your home animals is a pivotal moment that can set the stage for a household humming with harmony or get you started on the wrong foot. It's not just about dodging chaos; it's about weaving an interactive tapestry of friendship where every wag, purr, or playful pounce feels like part of the same enjoyable tune.

After all, you're the one who dreamed up this family expansion—your dog or other pets didn't ask you for it (unless they did...). They might end up ecstatic, but they'll need time, good care, and patience to get there. Let's guide you through this big meet-and-greet with practical wisdom, ensuring your pet family blends with all the warmth and wonder it deserves.

*Note: This chapter focuses on bringing home a dog of any size and any age. I do a deep dive into all things puppy in Appendix A: Puppy Breath and New Beginnings—The First Steps in a Lifelong Bond.*

## **Interspecies Dynamics at Play**

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**What's Really at Play Here is Interspecies Dynamics:** the magical, sometimes messy dance of connection between your dogs, cats, or other pals, with you right in the mix. It's how a dog's wagging tail or bark meets a cat's hiss or purr, or how your words and scratches bridge the gap. Dogs might crave pack vibes, while cats guard their solo turf. Add a new pup, and you've got instincts like playfulness or grumbles stirring the pot. They'll mirror your calm or catch your jitters, sending ripples through the crew.

Over time, they learn each other's tunes—a dog respects a cat's swipe, a cat tolerates a wagging tail—crafting a shared rhythm. You're the glue, the steady hand that turns this mix into harmony. Trust your pets to want peace as much as you do, and with your consistent care, they'll each add their own note to the song. Research from the Indoor Pet Initiative shows routines and positive vibes make this a joyful jam, instead of a jarring mess!

Key elements of interspecies dynamics to be aware of:

**Communication Differences.** Each species has its own way of expressing itself. Dogs use body language (tail wags, ear positions), vocalizations (barks, whines), and scent, while cats rely heavily on subtle postures, purrs, and hisses. Humans add verbal language and touch. Misunderstandings can arise, like a dog's playful bounce being seen as a threat by a cat, requiring translation or mediation through consistent human guidance.

**Social Structures.** Dogs often thrive in pack-like settings with clear hierarchies, seeking companionship and leadership. Cats, by contrast, are typically more solitary and territorial, valuing personal space. When a new dog enters a home, it might challenge a cat's domain or a resident dog's rank, sparking tension unless balanced by routines and boundaries.

**Instinctual Behaviors.** The prey drive in dogs might clash with a cat's flight response, or a puppy's boundless energy might overwhelm an older dog's need for calm. These instincts aren't malicious—they're hardwired—but they shape how animals react to each other. Recognizing and redirecting these impulses (e.g., with "Gentle" or "Settle") is key to harmony.

**Emotional Mirroring.** Animals pick up on each other's (and human) emotions. A tense human can amplify a dog's anxiety, which might unsettle a cat. Conversely, a calm pet can soothe others. This ripple effect means your role as the emotional anchor profoundly influences the group dynamic.



Mr. White (R), Anahata's service dog



**Adaptation and Learning.** Over time, species adapt to each other's cues. A dog might learn to respect a cat's hiss, or a cat might tolerate a dog's wagging tail. This mutual learning builds a shared culture, but it hinges on consistent human presence—setting rules, rewarding peace, and easing conflicts.

## **The Key to a Smooth Introduction**

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The key to a smooth introduction starts with preparation, and if possible, meeting outside your home turf can be super helpful. Picture this: you're picking up your new pup or older dog, and you bring your "home dog" along for the ride. Meeting on neutral ground—like a park, a quiet street, or even in the car—side steps those territorial instincts that might flare when a newcomer strolls into your existing dog's domain. You're all out together, leashes in hand, letting them sniff and size each other up without the weight of "this is my space." Research from the Royal Society for the Prevention of Cruelty to Animals (RSPCA) (<https://www.rspca.org.uk>.

[rspca.org.uk/](https://rspca.org.uk/)) and the American Kennel Club (AKC) (<https://www.akc.org/>) backs this up: neutral territory reduces stress and aggression, letting dogs focus on curiosity rather than defense. Watch for wagging tails and loose bodies—trust their instincts to connect, stepping back unless you see stiffening or growling. If tensions rise, especially with bigger dogs, a calm “Settle” in a firm tone can soften the approach, keeping leashes loose to avoid adding pressure. For big dogs, consider enlisting confident, physically capable friends or family to help manage the meet-up—safety first for everyone.

If an outside meeting isn’t necessary—or if your dogs, like my Royal Frenchel Frenchies, are easy peasy and aren’t heavily territorial—bring the newbie home and set the stage in a cozy spot like the kitchen or family room. Keep the area small at first, but not too small. This is my go-to method, and it works beautifully for laid-back breeds, though you’ll need to judge your dogs’ personalities.

**Bring Your New Dog In**, but greet your “home dog” (whom I’ll call your VIP from now on) first with a big, warm hello—scratches, kind words, maybe a quick initial treat—before they check out the newbie. This reassures your VIP they’re not being sidelined, opening the door to curiosity. Then introduce your new guy or gal while they do their initial sniffing and greeting. Then get comfy and sit on the floor within reach, right at their level if there’s no hint of fighting on the horizon. It keeps things chill and safe for you, too, letting you join their world as they adjust. Have a blast down there, interacting easily as they come and go to your side, sniffing and learning about each other. Wait and watch unless distress is obvious. Hold off on treats, toys, or bones as they greet at first; they might spark a tussle. Let the greeting itself be the reward, then sprinkle in toys and treats later to celebrate their success, always honoring your VIP with the first bite.

**Every Introduction is Shaped by Size, Age, and Energy**, and dogs are masters at picking up on vibes—yours included. A big newcomer, whether a playful puppy or a towering senior, might overwhelm a smaller resident with its sheer size or zest. Conversely, a tiny newbie could trigger a larger VIP’s protective or playful side, maybe even herding them away from “their” stuff—including you! An older dog might bring calm wisdom, while a younger resident bounces with energy, or a sprightly pup might test a senior’s patience.

The Atlanta Humane Society (<https://atlantahumane.org/>) suggests starting with scent swapping—rub a cloth on each dog and let the other sniff it before meeting—to ease them into familiarity. Personally, I don’t do that, but it’s a suggested extra step I thought I’d mention.

Sit on the floor, watching their dance unfold. If a puppy barks incessantly to play, interrupt with a firm “No Harassment Barking” and a light neck pinch—not to hurt, but to redirect—then praise their quiet with a cheerful tone immediately. Don’t wait in between or hold attitudes of disfavor with the pup—just a clear, swift message.

For bigger dogs that are too rambunctious, especially if a smaller one is involved, say “Settle” with a clear corrective tone and guide them to a sit or softer stance, ensuring the fun stays safe. If aggression flares—stiff posture, growling, or lunging—step in with a clear “Settle” and a neck pinch, redirecting them calmly but firmly. Don’t overcorrect or punish; you’re teaching communication with a consistent tone and praise for backing off.

**Your Energy Sets the Tone.** Dogs are like little mirrors, reflecting your anxiety or calm in a heartbeat. Picture a happy scene: tails wagging, playful romps, cozy cuddles ahead. Breathe deep, smile, and trust the process. If you’re tense, they’ll feel it and get edgy too. Radiate calm confidence as they sniff and explore, using warm, steady tones—“Settle” or praise—to keep your vibe a beacon of peace. They’ll feed off your positive vision, settling into friendship with more ease. Stay close those first few days, really *be there*—physically and emotionally. Keep noticing, gently guiding, and staying aware, especially through the first two weeks. This is when patterns set in. Use calm, clear

“ ...neutral territory reduces stress and aggression, letting dogs focus on curiosity rather than defense.

cues like “Gentle” or “No Harassment Barking,” and be sure to praise every calm, wise choice they make. That’s how trust and beautiful behavior get built.



**Give Each Their Own Zone**—beds, bowls, toys—and prioritize residents with first treats, feedings, and cuddles to keep their confidence high. Walk them together soon after; it’s a pack-building ritual that says, “We’re in this together.” For cats or other pets, start with a barrier like a baby gate, letting scents mingle before face-to-face hellos. And always guard your dogs’ eyes—a cat’s swipe can injure a dog’s eye for life.

Welcoming a new dog into a home with other pets is like adding a new verse to your family’s song—it takes patience, love, and a keen ear to get the harmony right. Whether your newbie is a towering pup or a pint-sized senior, these steps ensure everyone feels safe and seen. Watch their dance unfold, tweak the rhythm with a calm “Gentle” or pinch on the neck and “Settle” as needed, and soon, you’ll have a blended crew that bubbles with fun, from break-time walks to cozy cuddles. Here’s to new friendships, four-legged and fabulous!

## Things to Watch for and How to Respond

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- ⌚ **POSITIVE SIGNS (LOOSE BODIES, WAGGING TAILS, PLAY BOWS, MUTUAL SNIFFING):** They're vibing—sit on the floor, enjoy the moment, and trust their rhythm. No need to jump in; let them roll.
- ⌚ **CAUTION FLAGS (STIFF POSTURE, RAISED HACKLES, HARD STARE, TUCKED TAIL):** Tension is brewing—stay standing if it's dicey, but wait and trust them to sort it out unless it spikes. If growling or teeth show, say "Settle" calmly while pinching the neck and then release and praise if they've stopped, guiding the aggressor to relax without stress.
- ⌚ **RED ALERTS (LUNGING, PROLONGED BARKING, FRO-ZEN STARE):** If there is risk of a scuffle, stand ready, say "Gentle" or "Settle," distract with a treat toss or "let's go!" and separate calmly. Retry later, keeping anxiety low.
- ⌚ **OVERWHELM (ONE DOG OVERWHELMING DESPITE WAGS):** Use "Gentle" to reposition the bigger or pushier one, ensuring fun stays safe, and guide to a sit or softer play. A dog can play and accidentally injure a smaller one, so keep that in mind.
- ⌚ **AGGRESSION (GROWLING, SNAPPING):** Step in with "Settle" in a clear, direct tone of voice and a light neck pinch, redirecting to a less aggressive stance. Praise them when they calm, keeping your tone steady. If that doesn't work, lay the dog down on its side and hold it there, having done the prior correction, until you see the fire go out of their eyes. They need to relax before release—they'll learn this isn't the culture here. If you need more help, find a local dog trainer with good reviews for your specific issue and act swiftly to avoid entrenched habits.
- ⌚ **HARASSMENT (PUPPY BARKING AT OLDER DOG):** Say "No Harassment Barking" with a neck pinch, then praise the quiet to teach respect early. Stay consistent. Don't miss a lick! They will learn the word "harassment," so no worries. It is not too long a statement. I have a whole kennel who knows this statement! Lol!!

## ☛ The Final Fetch

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A quick mention: consistency and perseverance are the name of the game in all things to be effective. The more consistent you are with mealtime, rest, play, and communicating what works and what doesn't to your beloved four-legged family, the better it gets. You provide the guidance and the glue that binds your family into a workable *interspecies culture*, one that either hums with harmony or teeters toward havoc. Trust in your dogs and pets to crave that peace as much as you do, and let your steady presence guide them. With every consistent cue and cuddle, you help them join the music, each adding their own unique sound to the joyful song of your blended crew.



Mr. White (L) and Eddie (R), Anahata's service dogs

## Living the Way of the Dog Checklist

### Chapter 14: Welcoming a New Dog Home

This isn't your average checklist—it's more of a gentle "how-to" guide wrapped in practical wisdom. Use it not as a task list, but as a rhythm to follow—one that supports your intuition as you welcome a new dog into your home, especially if other pets are part of your family. Each item helps you create calm, connection, and respectful beginnings. Let your guidance shape a family culture that is welcoming, wise, and deeply connected. With a few cues and a lot of love, your new dog can become one more note in a song that's already full of heart.

- MEET ON NEUTRAL GROUND:** If possible, have your new and resident dogs meet in a calm, neutral place like a park or quiet street. Keep leashes loose, bodies relaxed, and praise curiosity.
- PRIORITIZE YOUR VIP (VERY IMPORTANT PET):** Greet your established pets first when entering the home with your new dog. Let them feel seen, safe, and special before any introductions begin.
- KEEP EARLY GREETINGS LOW-KEY:** Use a spacious but controlled area like the kitchen or living room. Sit on the floor with both dogs, avoid toys and treats at first, and stay calm and observant.
- USE CLEAR, GENTLE LANGUAGE:** Practice clear communication from the beginning—use phrases like "Gentle," "Settle," or "No Harassment Barking." Reinforce calm choices with immediate, warm praise.
- SET UP INDIVIDUAL SPACES:** Provide separate beds, bowls, and rest spaces. This helps each pet feel safe and respected in their own territory.
- MONITOR BODY LANGUAGE CLOSELY:** Look for loose tails, mutual sniffing, and play bows. Step in calmly at signs of stiffness, growling, or prolonged staring.

- WALK TOGETHER EARLY:** Shared walks help establish group unity and offer neutral bonding time that doesn't revolve around territory.
- SLOW INTRODUCTIONS WITH CATS:** Use baby gates or cracked doors to start with scent and visual exposure. Never allow the dog to chase. Protect eyes—cat swipes can do lasting damage.
- RESPECT INSTINCTS AND PERSONALITIES:** High-energy pups might overwhelm older pets. Redirect rough behavior, step in gently when needed, and never ignore signs of distress.
- STAY PHYSICALLY AND EMOTIONALLY PRESENT:** The first 1–2 weeks are crucial. Be there. Watch, guide, intervene with kindness, and reinforce peaceful behavior often.
- AVOID EARLY TREAT CONFLICTS:** Wait to introduce shared rewards like bones or food puzzles. Let them enjoy each other first before layering in resources.
- PRACTICE EMOTIONAL ANCHORING:** Your calm presence teaches them how to be with each other. Breathe, smile, and project harmony. They will reflect it.
- CORRECT FAIRLY AND SWIFTLY:** If needed, use light neck pinches, gentle positioning, or soft holds—always paired with praise when they calm. Avoid holding grudges or harsh correction.
- ENCOURAGE SHARED RITUALS:** From snuggling near the couch to lying side by side after a walk, notice and support these early signs of growing trust.
- TRUST THE DANCE:** Know that your animals want harmony too. You're their translator, their calm center, and the composer of this beautiful new chorus.





C H A P T E R F I F T E E N

# OVERCOMING CHALLENGES TOGETHER

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Training a dog is  
as much about  
teaching yourself  
as it is about  
guiding them—  
with patience,  
consistency, and  
heart.

— Victoria Stilwell

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## PROBLEM SOLVING WITH LOVE AND PATIENCE

# Life with dogs isn't always a walk in the park.

There will be challenges, from behavioral issues to health concerns, but these moments are opportunities to strengthen your bond. This chapter is about navigating those challenges with love, patience, and a dash of creativity.

## **Understanding Behavioral Issues**

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Before we jump into solutions, let's understand the root of the problem.

**Communication Gaps:** Many behavioral issues stem from miscommunication. Your dog might not understand what you expect or might be trying to communicate needs or stress. It may also be true that you simply don't give your dog the time of day when it comes to truly looking at them and "seeing" them! I know that sounds odd, and maybe confrontational, but remember, these little fellas and gals are wildly capable and intelligent. When we are so busy that we simply move them around like cans of soup in a cupboard, well, they feel it and are missed. Witnessing who they are and where things are each day is crucial to a great dog relationship. Any relationship requires this, whether human or dog.

**Health Issues:** Sometimes, behavior changes can signal health problems. A sudden aggression or lethargy could be a dog's way of saying they're not feeling well. If you experience anything suddenly unusual, take your dog to the veterinarian. It is important that you identify things early, in case there is a health issue. Dogs don't suddenly start acting out without a reason.

**Environmental Factors:** Stress from changes in the environment, like moving to a new home or the addition of a new family member, can manifest in behavior.

## Approaching Challenges with Empathy

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**Patience is Key:** Remember, dogs don't act out of spite; they're responding to their world the best they know how. Patience means giving them time to adjust or learn.

**Positive Reinforcement:** Focus on rewarding the behavior you want to see, rather than punishing what you don't. This builds trust and encourages learning. Try to keep my motto of "seven times positive to one correction" every day. Simple movements of grace and love are impactful against one correction. The contrast is marked, and dogs get it.



**Understand Their Perspective:** Try to see the situation from your dog's point of view. What might be causing them stress or confusion? For instance, my customer had a husband who was having an affair. The dog suddenly started growling at him. Only a few months later, when he asked for a divorce, did the woman understand what her dog was getting at. He was smelling the newly intimate contact and feeling concerned about it. He was talking to the husband, but they didn't understand at the time. So, stay open and notice even when it isn't so obvious.

Another example is when my dog Lolli started to grump at other dogs unexpectedly. At 14 years old, she had never done this before in her life. I took her to the vet and found out she was going blind and was simply clearing the floor so she wouldn't get knocked by other dogs. It wasn't a lack of coordination or aggression; it was a need to say, "I am coming through!" She needed to let them know that it was a serious change, and they had to take it seriously and let her walk by, untouched, so she could move around safely. After that, I put her out with fewer dogs at the same time and walked her part of the way. It was a nice break for me as I sit too much anyway!

## Strategies for Common Behavioral Challenges

### Barking

First, identify what is causing the bark to fall. Is it boredom, alertness to something outside, or anxiety? Each scenario requires a different approach:

- ⌚ **BOREDOM:** Introduce toys that challenge their mind, like puzzle feeders or interactive toys. Rotate toys to keep them fresh.
- ⌚ **ALERTNESS:** If they're barking at things outside, manage the environment. Close blinds, move them away from windows, or teach them a "look at me" command to redirect their attention. Tell them it's okay, and while you are doing that, show them a picture in your mind at the same time of relaxed time together.
- ⌚ **ANXIETY:** For anxiety-related barking, consider calming aids, create a safe space, or use desensitization techniques for specific triggers. pawTree has a wonderful CBD



“ By combining understanding, investigation, and a clear, consistent correction, you...strengthen your communication with your dog... ”

product called Chillax, which works wonders to help calm dogs. With it, continuing to train is easier and can be more successful as well. You can get it at my pawTree website ([www.pawtree.com/doglove](http://www.pawtree.com/doglove)). I do make a small amount on sales; however, I have found this product to be extremely helpful with more hyper pups.

- ⌚ **INTERACTIVE RESPONSE:** When your dog barks, engage with them. Ask, “What’s up?” in a curious tone while you investigate. Check if there’s a real reason for their alert—maybe there’s someone at the door, or a toy has gone missing behind furniture.
- ⌚ **ACKNOWLEDGE THEIR ALERT:** By looking into what they’re barking at, you show them you’re listening. Move your body to search with them. This acknowledgment can incredibly reassure your dog, affirming their role in your shared environment.

**Handling Unnecessary Barking:** If, after checking, you find no cause for the barking, it’s time to address what we might call “harassment barking”—barking for the sake of barking:

- ⌚ **CLEAR CORRECTION:** Use a slight pinch at the side of their neck, not to hurt but to get their attention, combined with a firm, clear voice. Say, “No harassment barking, [Dog’s Name].” The use of their name personalizes the instruction, making it clear this is directed at them.
- ⌚ **CONSISTENCY:** Be consistent with this approach. Dogs learn through repetition, so it’s important to always respond in the same way to the same behavior.

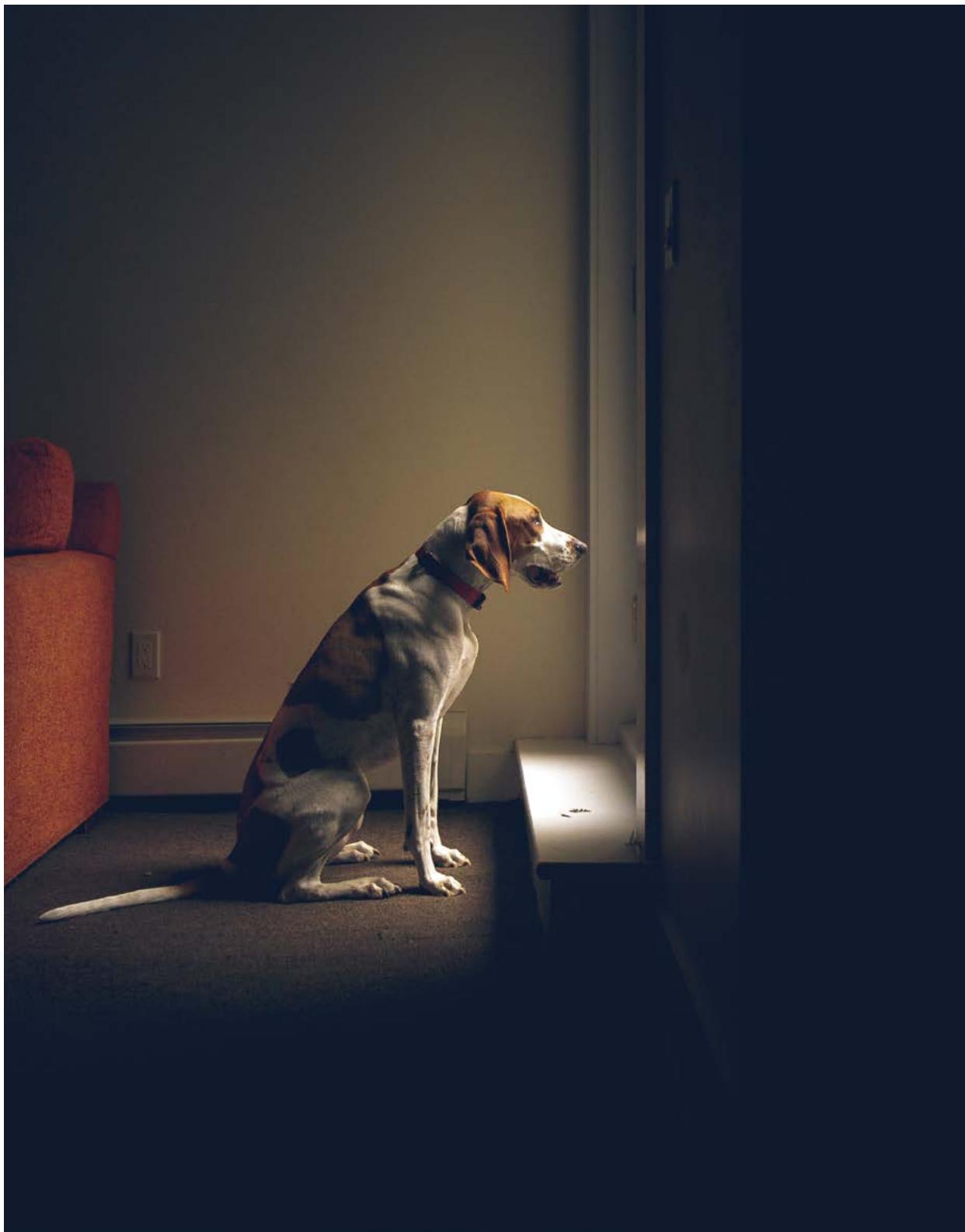
 **POSITIVE REINFORCEMENT:** Once they stop barking, praise them or give them a treat to reinforce the behavior you want—silence or quietness.

By combining understanding, investigation, and a clear, consistent correction, you not only address the barking but also strengthen your communication with your dog, ensuring they feel heard and understood while learning when their vocalization is unnecessary. And you learn more about them as well. Intimacy going up means greater ease all around and less time fussing about things that don't work.

### **Jumping Up**

Teach alternative greetings like “sit” or “go to your bed” to get your pup’s attention. Then, once the dog is in its place, go greet it calmly. Ignore jumping and reward calm behavior. Consistency across all family members is crucial. Consistency is reliability. Your dog needs to give you that, and you need to give him that as well. Stay steady and don’t miss a trick. Your dog will get it and revert to where you want them to be with the manner you desire if you do this consistently.





## Separation Anxiety

Dealing with separation anxiety requires patience, understanding, and a structured approach. Here's how you can help your dog:

**Gradually Increase Alone Time.** Gradually increase the amount of time your dog spends alone.

⌚ **START SMALL:** Begin with short periods of separation. For example, place your dog in a crate or their designated safe space for 45 minutes. Return to them afterward. Repeat this twice on the first day.

⌚ **INCREMENTAL INCREASE:** On the second day, extend the time to 1 hour and 15 minutes, repeating this process twice. This gradual increase helps your dog adjust to being alone without overwhelming them.

⌚ **CONSISTENT PRACTICE:** Move to three hours for the next four days. Maintain this consistency, ensuring they're not left alone for longer than they can comfortably manage. Celebrate your return each time with enthusiasm, showing them that your departure is always followed by a joyful reunion. This reassures them that you will come back.

⌚ **CALMING AIDS:** Use products like pheromone diffusers, calming collars, or even natural supplements after consulting with your vet. Once again, my pawTree website ([www.pawTree.com/doglove](http://www.pawTree.com/doglove)) has wonderful support to help calm your dog. Their products can help soothe your dog and reduce anxiety symptoms.

⌚ **ENGAGING TOYS:** Provide toys that keep them mentally stimulated. Puzzle feeders, Kongs stuffed with treats, or toys that require problem-solving can keep your dog occupied. The idea is to make alone time rewarding, not just a time of waiting.

⌚ **CREATING A SAFE, COMFORTING SPACE:** Designate a spot in your home where your dog feels secure. This could be a crate with familiar bedding, a specific room, or an area with their favorite toys, and perhaps an item with your scent. Make this space inviting, with perhaps a calming playlist or white noise to mask external sounds that might stress them.

**Consistency in Routine:** Establishing a consistent routine is crucial for dogs, particularly when dealing with separation anxiety. Here's how to maintain consistency across various aspects of your dog's daily life:

- ⌚ **ALONE TIME DURATION:** Once you've gradually increased the time your dog can be alone without distress, maintain that duration a few times a week. This practice reinforces their comfort with solitude, reducing anxiety when you must leave for that length of time.
- ⌚ **BATHROOM BREAK TIMES:** Dogs thrive on routine for bathroom breaks. If you've trained your dog to go out at specific times, stick to those times as closely as possible. This not only aids in house training but also gives them a sense of predictability, which is soothing for dogs with anxiety.
- ⌚ **EXERCISE:** Regular exercise should be consistent in terms of timing and duration. Whether it's a morning walk, an afternoon run, or evening playtime, keeping these activities at the same time daily helps regulate your dog's energy levels and stress. It also provides a natural outlet for any anxious energy.
- ⌚ **FOOD AND WATER:** Feeding times should be set. If you feed your dog twice a day, for example, try to keep those meals at the same times each day. Water should always be available, but if you're using a schedule for water intake (particularly for dogs with urinary issues), maintain that schedule. Consistency in diet helps prevent digestive upset and provides a comforting structure to their day.



 **BEDDING:** The place where your dog sleeps should be consistent. If they have a specific bed or area, ensure they always return to it at night or for naps. This spot becomes their safe haven, reducing stress by providing a familiar, comforting place.

“ Establishing a consistent routine is crucial for dogs, particularly when dealing with separation anxiety.

 **CLEANING OF BEDDING AND DOG BEDS:** While cleaning is necessary, try to do it on a regular basis, like once a week or every few days, so it becomes part of the routine rather than an unexpected event. This way, your dog doesn't associate cleaning with a sudden change or disruption in their environment.

 **TRIPS OUT TO TOWN:** If your dog accompanies you on errands or outings, try to do this at similar times or days if possible. For dogs with separation anxiety, knowing there are regular trips where they get to be with you can be comforting. It also helps them distinguish between times they'll be left alone and times they'll be with you.

**Additional Tips for Consistency:** One of the best ways to make your pup feel comfortable when you leave is to be consistent in the actions you take as you're headed out the door:

 **USE VISUAL CUES:** If you're leaving your dog alone, use a specific item or action (like putting on a particular jacket or grabbing a specific set of keys) that signals to your dog what's happening. This can help them prepare mentally for your departure.

- ⌚ **PRE-DEPARTURE RITUALS:** Develop a small ritual before you leave, like a short play session or a treat, that signals you'll be back. This can help associate your leaving with positive feelings.
- ⌚ **STAY CALM:** Your energy affects your dog. If you're anxious about leaving them, they'll pick up on it. Try to maintain a calm demeanor during your comings and goings to reinforce that this is just a normal part of life.

Consistency and reliability in these areas not only aid in managing separation anxiety but also contribute to a well-balanced, happy dog. By creating a predictable environment, you're providing your dog with the stability they crave, helping them feel secure even when you're not physically present.



**Addressing Basic Needs:** Ensure your dog has access to water, a place to rest, and an area where they can relieve themselves if you're going to be away for more than a couple of hours. For longer absences, consider doggy daycare, a pet sitter, or arrange for someone to check in on them. Just like humans, dogs have basic physical needs that must be met even when alone.

**Important Notes:** By approaching separation anxiety with this methodical, loving strategy, you're not just managing symptoms; you're teaching your dog to be comfortable with solitude, ensur-

ing they feel secure even when you’re not there. Here are a few more tips to ensure your success:

- ⌚ **MONITOR PROGRESS:** Watch for signs of improvement or any distress signals. If your dog seems to regress, you might need to slow down the process or consult a professional dog trainer or behaviorist. You can do this in a journal or in the **Legacy of Love Dog Hub** in the **Mr. White AI Dog Buddy** tool (<https://MrWhiteAIDogBuddy.com>).
- ⌚ **CELEBRATE SUCCESS:** Every time you return should be a moment of joy for your dog. This positive reinforcement not only reassures them but also strengthens your bond.
- ⌚ **BE PATIENT:** Remember, overcoming separation anxiety is a journey that requires time. Each dog progresses at their own pace, and setbacks are part of the learning curve.

By approaching separation anxiety with this methodical, loving strategy, you’re not just managing symptoms; you’re teaching your dog to be comfortable with solitude, ensuring they feel secure even when you’re not there.

## Resource Guarding

Teach “drop it” and “leave it” commands. Practice trading high-value items for treats to reduce the tension around possessions. I always have a small bag of antlers, pig chews, and a few toys that I know my dogs like. If they get into something they ought not to, I simply remove it, tell them why (if it’s dangerous), and give them the replacement—one of the items from my bag of treats I just described.

## Some Breed-Specific Insights as Examples

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### Chase Enthusiasts (Beagle, Jack Russell Terrier, etc.)

These dogs are like the canine equivalent of ninjas when it comes to following their nose or chasing anything that moves. Recall can be a Herculean task because their instinct to pursue can override everything else. Specialized training techniques here are key. Think long-line training where they can chase but learn to return, or games that make coming back to you more exciting than the chase. Use high-value treats or their favorite toys to turn recall into the best game in town.

## **Social Butterflies (Boxer, Pug, etc.)**

These dogs are the life of the party, and being alone? Not their idea of a good time. Separation anxiety might hit them harder, making every goodbye feel like a tragedy. To tackle this, you've got to ease them into alone time, starting with short intervals. Use puzzle toys that keep them busy, or leave a piece of your clothing with your scent. Social interaction is their love language, so arrange for playdates or doggy daycare, and when you're home, make sure there's plenty of quality interaction. It's about showing them that being alone isn't forever, and when you come back, the party starts again.

## **● Exercise: Behavior Reflection**

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When facing a behavioral issue:

1. **Document the behavior.** When does it happen? What precedes it?
2. **Reflect on your dog's potential perspective.** What might they be feeling or needing? Was dinner late? Were you out a great deal today and didn't take them with you? Just notice it to inform yourself of the possibility of its effect on your pup.
3. **Develop a plan.** What can you teach or change? How can you make the environment less stressful? Use the communication exercise of speaking to your dog and, at the same time, envisioning scenes you wish to create with them. The dog is apt to settle down with that alone.
4. **Implement changes** with patience and positive reinforcement.
5. **Review your approach after a few weeks.** Has there been improvement? What adjustments might be needed?

## **Dealing with Health Challenges**

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**Proactive Health Management:** Regular vet visits can catch issues early. Be observant of changes in behavior or physical condition.

**Adapting to Health Changes:** If your dog faces health issues, adapt your lifestyle or home to accommodate their needs.



“ With love, patience, and innovative communication methods like sharing life events, you can navigate any obstacle...

## **Building Resilience Through Challenges**

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**Learning Together:** Every challenge is a learning opportunity. You learn more about your dog, and they learn more about the world and how to navigate it with you.

**Strengthening Bond:** Facing and overcoming issues together can deepen your bond. It shows your dog they can rely on you, no matter what.

### **● Exercise: Joint Problem Solving**

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Pick a small challenge you're both facing. Maybe it's a new trick, or perhaps it's adjusting to a new schedule:

1. Define the challenge together.
2. Break it down into manageable steps.
3. Work on one step at a time, rewarding progress.
4. Celebrate small victories.
5. Reflect on what you've both learned and how you've grown together.

### **● Exercise: Mind Meld for Smooth Transitions & Updates**

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This exercise is about sharing your plans or upcoming changes with your dog, both verbally and visually. Here's how:

1. Set a daily reminder on your phone or place a visual cue in a room you frequent to remember to do this exercise.
2. When you know about an upcoming event like a trip, vet visit, or any change in routine, sit with your dog in a calm environment.
3. Verbally explain what's going to happen. Use a calm, reassuring tone. For example, "We're going to the vet tomorrow, but it's all okay."
4. While speaking, visualize the scenario in your mind as vividly as possible. Imagine the car ride, the vet's office, or the new environment if you're traveling. The idea is to share these mental images with your dog.
5. Do this daily, or as often as you remember, especially in the days leading up to the event. The consistency helps your dog become familiar with the idea.

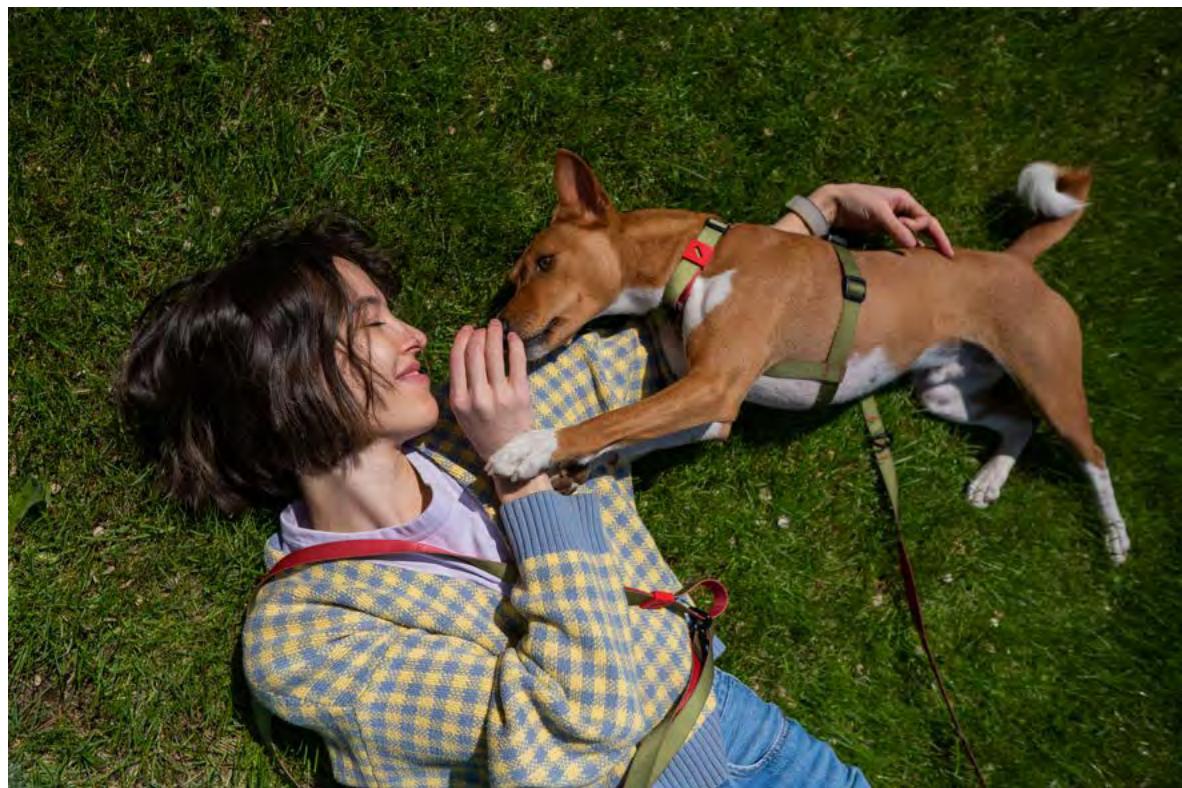
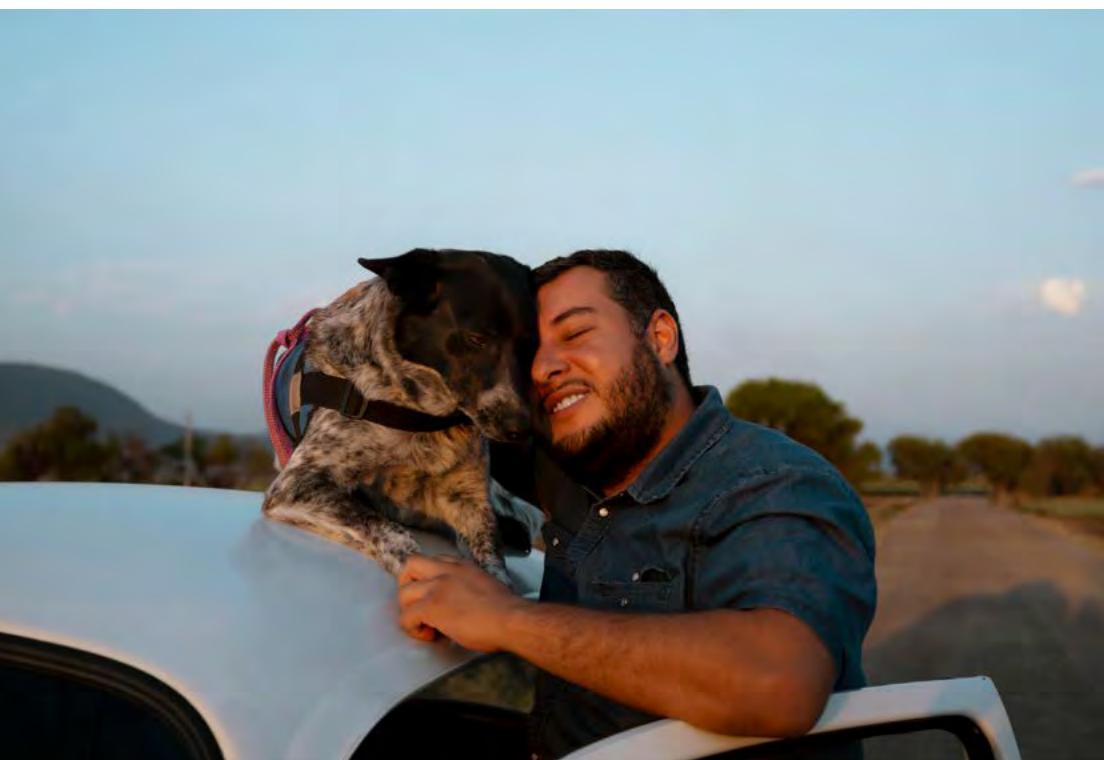
**Benefits:** This exercise can lead to easier training, greater patience when you're not immediately available, and a smoother transition during changes. Over my 50+ years of raising dogs, I've shared this with countless people, witnessing dogs who once struggled with travel or vet visits become more at ease.

It's not just about the dog's abilities; it also enhances your ability to communicate and connect on an intuitive level. The more you use this skill, the more adept you both become at this form of communication.

## The Final Fetch

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We addressed the inevitable bumps in the road, understanding that overcoming these challenges together fortifies your relationship. With love, patience, and innovative communication methods like sharing life events, you can navigate any obstacle, turning potential frustrations into moments of growth and deeper connection. Here's to the journey, the learning, and the love that grows stronger with every challenge overcome.



## Living the Way of the Dog Checklist

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### Chapter 15: Overcoming Challenges Together

This checklist focuses on understanding, patience, and practical solutions for common challenges, all while maintaining a positive, engaging approach with your dog.

- BEHAVIORAL DETECTIVE:** Document one challenging behavior this week. Note the when and why to understand it better.
- EMPATHY CHECK:** Try to see one issue from your dog's perspective. Maybe they're just confused or stressed.
- POSITIVE REINFORCEMENT:** Implement the 7:1 rule - give seven positive interactions for every correction.
- BARKING INVESTIGATION:** Next time your dog barks, investigate with them. Understand their alert, then address unnecessary barking with a consistent response.
- JUMPING GREETING:** Teach or reinforce "sit" for greetings instead of jumping. Consistency is key across all family members.
- SEPARATION ANXIETY STEPS:** Gradually increase alone time by 15 minutes each day this week, using calming aids or engaging toys.
- RESOURCE GUARDING SWAP:** Practice trading one high-value item for a treat this week, teaching "drop it" or "leave it."
- REFLECT & ADJUST:** After trying new approaches, reflect on what worked and adjust your strategy accordingly.





C H A P T E R - S I X T E E N

# EXERCISES FOR LIFELONG LEARNING

”

The more I learn  
about people, the  
more I like my  
dog. And the more  
I learn from my  
dog, the better  
person I become.

— Mark Twain



## The journey with your dog doesn't end; it evolves. Just as we aim to grow and learn throughout our lives, so too can our dogs.

This chapter is dedicated to exercises that promote continuous learning, adaptation, and mutual growth, so you and your dog are always evolving together.

These exercises are a fun way to start expanding your world, getting out of the ordinary, and getting into the extraordinary. I tend to be a bit of a renegade and don't follow directions or exercises very well. Lol! Let these be a stimulation for you and your dog. Use them in full or in part, or just use them to inspire ones of your own. Let me give you an example of what I do:

My SnoBo is a service dog. She loves to work. She goes with me everywhere. Behaves absolutely perfectly and is my best friend currently in life. Unfortunately, both of our best friends passed this last year, my two oldest service dogs, Eddie & Mr. White. SnoBo played with Mr. White, and today I would say she has one really good close friend in our kennel, and his name is William. SnoBo doesn't play a whole lot like other dogs might. She'll occasionally pick up a toy, but mostly her life is lived with me working, snuggling, eating, sleeping, snuggling some more, having a treat, and going to bed! So, when I see SnoBo have an interest in anything, I use that to spur on a unique activity. Recently, she picked up a toy, carried it over to her spot on the bed, and lay down with it. She pawed it a few times and then

went to sleep near it. Not very much happening there, so I picked it up and I danced it on high, encouraging her to jump up and play with it, with me, to the point where I had her do a twirl. SnoBo became very good at twirling, and we had a great time.

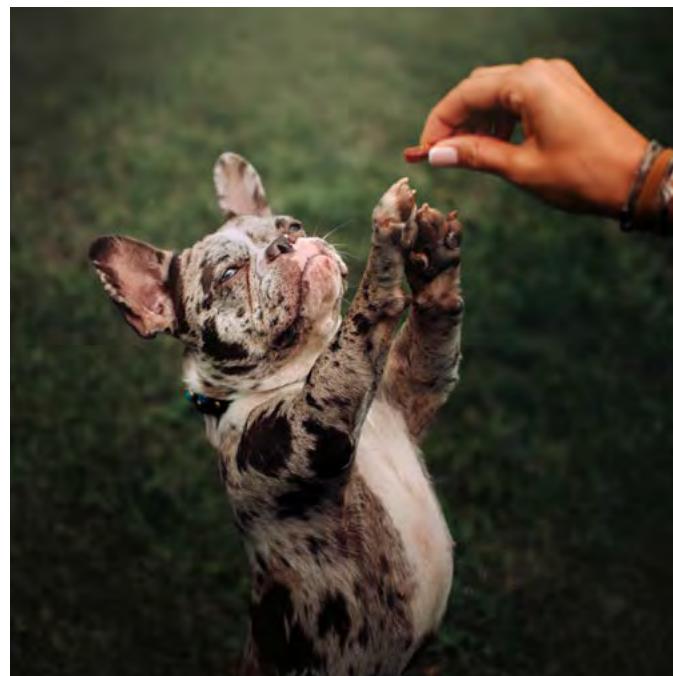
The other thing I noticed while we were out is that she seemed to take joy in meeting people, especially dog lovers. I taught her the word “Greet,” took her to the store, and while I was shopping, I introduced her to people, saying the word “Greet” and having her meet them. She loved it! And so did the people. Both of our lives were expanded by noticing the smallest, out-of-the-ordinary thing that SnoBo was interested in.

Take the exercises below and enjoy doing them, or do as I do and notice small things that are relatively new or out of the ordinary and enlarge on them, expand them to fun activities that are new learning for both of you.

## **The Philosophy of Lifelong Learning for Dogs**

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**Mental Stimulation:** Just as physical exercise keeps a dog’s body healthy, mental exercises keep their minds sharp. Learning new things prevents boredom and encourages cognitive health.



**Adaptability:** Life changes, and dogs that are trained to adapt to new situations are less stressed and more confident.

**Strengthening Bonds:** Learning together is a bonding experience. It's about teamwork, where every new trick or skill learned is a testament to your partnership.

## Exercises for Lifelong Learning

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### • Exercise: Monthly Trick Challenge

1. Choose a new trick or command each month. This could be anything from “spin” to “play dead” or even more complex behaviors like retrieving specific items.
2. Break the trick down into small, manageable steps. Teach one step at a time, using positive reinforcement.
3. Practice daily with short sessions. Keep it fun; if your dog seems frustrated, take a break and try again later.
4. Once mastered, celebrate with a special treat or a favorite activity. This reinforces the learning process as something positive.



### **Exercise: Environmental Adaptation**

1. Introduce your dog to new environments gradually. Start with different rooms in your home if they're not used to them, then progress to new outdoor spaces.
2. Use these new places to teach or reinforce commands. For instance, practice "stay" in a new park or "come" in a friend's backyard.
3. Reward calm behavior and curiosity. This encourages your dog to see new places as opportunities for exploration rather than sources of stress.

“ Document what your dog learns, how they learn best, and what challenges you face.

### **Exercise: Sensory Games**

1. Engage your dog's sense of smell with games like "find the treat," where you hide treats around your home or yard.
2. Use scent trails or toys that require them to use their nose to find food, encouraging problem-solving.
3. Introduce new textures and sounds in a controlled manner. For example, let them explore different materials like sand, grass, or water under supervision.

### **Exercise: Social Skills Development**

1. Arrange regular playdates or visits to dog parks.
2. Teach or reinforce commands like "wait," "leave it," or "share" during these social interactions.
3. Observe how your dog interacts with others and use these observations to work on specific behaviors at home, like greeting manners or sharing toys.

## ● Exercise: Technology and Learning

1. Introduce tech-based toys or apps designed for dogs, like interactive puzzle toys that can be controlled via a smartphone, or videos meant for dogs on TV.
2. Use these tools to teach or enhance commands, like “touch” for interactive screens or buttons that play sounds or dispense treats.
3. Always monitor their interaction with technology to ensure it’s beneficial and not overstimulating.

## Some Breed-Specific Insights as Examples

### Herding Heroes (Collie, Shetland Sheepdog, etc.)

These dogs are the Einsteins of the canine world when it comes to learning. They live for tasks that involve movement - think of herding, but with toys or even people. They'll thrive on learning tricks that mimic their natural instincts, like “gather” or “circle.” Problem-solving games or agility courses can keep their minds as active as their bodies, making every training session an adventure.

### Stubborn Stars (Bulldog, Corgi, etc.)

These breeds might give you the “yeah, right” look when you introduce something new. But don’t let their stubbornness fool



you; they love to learn, just on their terms. Here, patience isn't just a virtue; it's a necessity. Get creative with your training—maybe use food puzzles that require a bit of thought, or turn learning into a game where they think they're in charge. Humor them, make it fun, and before you know it, they'll be showing off new tricks just to prove they can do it their way.

## Reflections on Learning Together

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**Keep the Legacy of Love Dog Hub Journal:** Document what your dog learns, how they learn best, and what challenges you face. This reflection can guide future learning sessions.



**Celebrate Milestones:** Whether it's mastering a new trick or adapting to a new environment, celebrate these milestones together. It's not just about the learning; it's about the journey.

**Adjust to Life Changes:** As your dog ages or as your life changes, adapt your learning exercises. An older dog might enjoy gentler, more cognitive activities, while a younger dog might thrive on physical challenges.

## ☛ The Final Fetch

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We've explored the foundations of respect, intuition, consistency, play, health, emotional bonds, and overcoming challenges. With "Exercises for Lifelong Learning," we embrace the idea that learning

never stops. It's a continuous journey of discovery, growth, and joy that you and your dog embark on together. Here's to a lifetime of learning, adapting, and growing with your best friend, where every day is an opportunity to learn something new, together.

## Living the Way of the Dog Checklist

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### Chapter 16: Exercises for Lifelong Learning

These steps are all about keeping the learning fun, engaging, and a continuous part of your journey together.

- MONTHLY TRICK CHALLENGE:** Pick one new trick this month. Break it down and celebrate when they nail it!
- NEW ENVIRONMENT ADVENTURE:** Visit one new place this week. Use it to practice a command or just enjoy the exploration together.
- SENSORY SCAVENGER HUNT:** Hide one treat for your dog to find. It's like a treasure hunt for their nose!
- SOCIAL SKILLS SESSION:** Organize one playdate or dog park visit. Focus on one social command during the interaction.
- TECH PLAY:** Try one tech toy or app with your dog. See if they enjoy it or if it's more work than play.
- JOURNAL REFLECTION:** Note one thing your dog learned this week in the **Legacy of Love Dog Hub** journal.
- CELEBRATE LEARNING:** Mark one small learning victory with a treat or extra playtime.
- ADJUST TO YOUR DOG:** If your dog shows disinterest, switch up the learning game to match their mood or energy.



C H A P T E R S E V E N T E E N

# LEGACY OF LOVE: PREPARING FOR THE FUTURE

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If there are no dogs in  
heaven, then when I die  
I want to go where they  
went.

— Will Rogers



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## Facing the End Together.

### Alright, let's talk about something we often avoid but need to face—the end of our journey with our dogs.

**Planning for a Successor.** Thinking ahead of time is a great kindness—not just to ourselves, but to the dog we love and the one who may come after them. I know it's not an easy topic. Who wants to imagine the end of life for a beloved companion? But I believe, truly, that our dogs would be touched by the thought of passing their legacy on. Getting a new pup before the elder passes—sometimes six months, maybe even a year or two earlier—can create a beautiful bridge between generations. It allows the elder to pass on their rhythms, their calm, and their wisdom. And for us, it offers a gentler transition.

The new dog will never replace the person you're losing. And yes, I do often refer to my dogs as people, because they are individuals who have enriched my life enormously, and I relate to them that way. Mr. White, as you've seen throughout this book, was not only my heart but the inspiration and mascot behind the **Mr. White AI Dog Buddy** portal (<https://MrWhiteAIDogBuddy.com>).

**The Sacred Time.** One of the things that happens when you're very close to a beloved dog is that you fall into a rhythm of life together. There's the usual routine, daily activities, shared meals, errands—but then, one day, things begin to shift. Your dog skips a meal. They move more slowly. They no longer rise with you in excitement when you grab your keys. They'd rather stay curled up, resting, watching.



That's when the invitation comes.

It's not spoken aloud, but it's powerful. It's an invitation into the place where silence lives. Not just the absence of sound, but the sacred kind. The stillness that knows something is changing. And though you may go on doing the daily things—feeding, walking, talking—there's a deeper presence now. A knowing. A quiet heartbeat that says, "Soon, they will no longer be here."

And somehow, that silence becomes a gift.

It invites us to drop into a deeper kind of love. The kind that exists without needing words or action. Just breath, presence, and touch.

**New Participations in the Final Chapter.** You may shift your schedule, go to bed a little earlier, just to snuggle your friend. You may offer their favorite treat even if they only take one bite,



and even if they haven't eaten their regular meal. Don't worry, it's about a different form of nutrition now. A love nutritional bite. You may carry them more, as their legs grow tired, or notice which friends they like to curl up with and invite those people over just to bring them peace. I did this with Mr. White. I took him to his favorite restaurant, where I always shared my meal with him. He didn't eat much, but his eyes sparkled. He knew we were sharing something we had always shared and that it still mattered.

**Resting Places and Sacred Space.** A special place for your pup when it's ready to rest is so important. We all have a body. And we need to know where to put it when the time comes.

On my land, I've created a place I call The Guardians. It's a quiet area just beyond two stones near the entrance. That's where I've laid to rest the dearest of my four-legged friends and family. It is a sacred space to me. Not just because their bodies are there, but because their spirits remain alive in relationship with me.

Sometimes, if someone arrives on the property who shouldn't be here, or something shifts in the land, I feel them calling me. Not in a spooky way—in a protective, guiding, knowing way. It's as though they urge me to look, to listen, to become aware. I still feel them here, even though we no longer share snuggles or nose kisses.

We share awareness. We share a guardianship of the land, of the life that continues on. They have become more than memory, they've become presence. And I am never alone.

**The Invitation of Silence.** Now, in that quiet space, when we know the time together is shortening, something new begins to emerge. There's a shift in the rhythm of life. Our usual routines might still be there, but they soften. They make room for something deeper. A different kind of participation.

You start listening more closely, not just to your dog, but to your own inner knowing. Maybe you linger on the couch longer, holding your little one while they rest or take a walk, and just be with him or her if they are able to take a short walk. And you stop worrying so much about the "rules." In those final weeks or months, it's not about perfection, it's about presence.

These moments aren't just acts of kindness; they are acts of reverence. Quiet, deliberate ways of saying: You matter. You're still here. I see you.

Even though we may still speak, still tend, still go about daily things, there's a knowing that begins to take root in our bones: they will soon be gone. And somehow, that knowing brings us closer than ever before.

It opens a space. A holy space. One where love doesn't need to be proven, earned, or explained. It just is. Present. Thick in the air. Woven between glances, touches, and long, quiet moments of simply being near each other.

That moment is a gift. A terrible, beautiful gift. And I want to speak to it, because in that hush, in that stillness, we finally feel the full weight and wonder of the love we've carried all along.

## ↗ The Final Fetch

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Our dogs live life in a sprint. They remind us how to love fiercely and how quickly time can pass. They're not here forever and neither are we. But the time we do have, if lived well, is enough.

So, take the walk. Sit in the sun. Share the meal. Snuggle longer. Plan ahead. Pass on the love.

And when the time comes to say goodbye, do so with grace and with the wisdom to carry that love forward.

The final fetch isn't a thing at all. It's a knowing. A moment when your dog turns their head one last time, and you both understand:

You did life well together.

Thank you for walking this path so lovingly.

May your legacy and theirs be one of joy, presence, and peace.

“ The final fetch isn't a thing at all.  
It's a...moment when your dog turns  
their head one last time, and you both  
understand: You did life well together.

## Living the Way of the Dog Checklist

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### Chapter 17: Legacy of Love

These steps are all about celebrating the life you've shared, preparing for the future, and carrying forward the love and wisdom your dog has given you.

- END-OF-LIFE CHAT:** Have a short discussion with your vet about what quality of life means for your dog and reflect on what it means for you, too.
  
- MEMORY MAKING:** Add one new memory to your box or digital album this week. It could be a photo or a story. Set a task alert to ensure you remember to do it. It is easy to put off, and one day you will greatly appreciate it.
  
- THE MEMORY WALK:** Take one walk in your dog's favorite place, reminiscing about the good times.
  
- GRIEF AND GROWTH:** Share one story about your dog with someone this week, whether to laugh or to heal.
  
- HONOR THEIR LIFE:** Decide on one way to honor your dog's legacy—maybe plant a flower or make a small donation.
  
- PASS ON THE LOVE:** If you're ready, think about or take one small step toward welcoming another dog into your life.
  
- LIVE THEIR LESSONS:** Do one thing this week that reflects a lesson your dog taught you—maybe it's extra patience or finding joy in simplicity.
  
- REFLECT ON IMPACT:** Take a moment to think about how your dog has changed you. Note it in your **Legacy of Love Dog Hub** journal.



C H A P T E R E I G H T E E N

# A GIFT OF DOGS: THEIR ETERNAL LIGHT

”

Healing  
comes  
not from  
forgetting,  
but from  
remembering  
rightly.

— Anahata Graceland

## **The Sacred End, the Eternal Bond**

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Dear friend, as we close this journey through *The Way of the Dog*, let's sit quietly in the glow of a truth that is both celebration and ache: the gift of dogs.

Their eternal light. The one that shapes us forever.

For 50+ years, I've walked beside Frenchies and boxers, and for over 20 years, I've devoted myself to Royal Frenchels, those small, strong-hearted beings whose every breath seemed to echo a truth I was meant to create with for the rest of my life.

Dogs are not just our companions. They are our mirrors. Our soul guides. The keepers of lessons we didn't know we needed. They teach us to embrace the fleeting beauty of this life with more courage, more joy, more presence than we ever imagined possible.

From the first stretch in morning light to the last sigh at our feet, dogs show us what it means to truly live. Their joy is never postponed. Their affection never held back. Their love never delayed.

They meet each moment as it is. They teach us to stop grasping and just be. To feel the breeze, to notice a sound, to let the sunlight linger across our skin without rushing.

This is their first gift: presence. The kind that saves us when we forget who we are.

As they age, their lessons deepen. No longer racing but walking beside us with knowing eyes. They teach us grace. Not just in motion, but in how we meet change. In how we soften into the passage of time.

My Royal Frenchels, especially Mr. White, showed me how to adore kindness. How to find richness in the rhythm of a quiet day. How to love deeper when less can be done.

They invite us to release the chase and return to what matters: closeness, stillness, gaze, breath.

Their presence weaves itself into our lives not in grand gestures, but in quiet, repeating ones. The way they wait by the door. The weight of their body curled against us at night. The nudge for a walk we didn't know we needed.

“ Grief may rise like a wave, but with it comes clarity. The clarity that love remains.

In these moments, dogs offer us an emotional and spiritual structure. A steadyng thread. And with it comes laughter, the spontaneous medicine of their play, their mistakes, their goofiness that meets us in seriousness and calls us back to joy.

And oh, their warmth. Not just the warmth of fur, but the warmth of being deeply known and entirely accepted.

Then comes the moment we all fear, and yet, it is part of the gift. Their lives, so short, leave imprints that will last far beyond our own.

In their passing, they become something eternal. Not in form, but in impact. They carve out space in our souls. Not empty space, but sacred space.

Grief may rise like a wave, but with it comes clarity. The clarity that love remains. That our lives were better because they walked beside us. That healing comes not from forgetting, but from remembering rightly.

I often think of Mr. White and how his gaze saved me more than once, how his stillness helped me find mine.

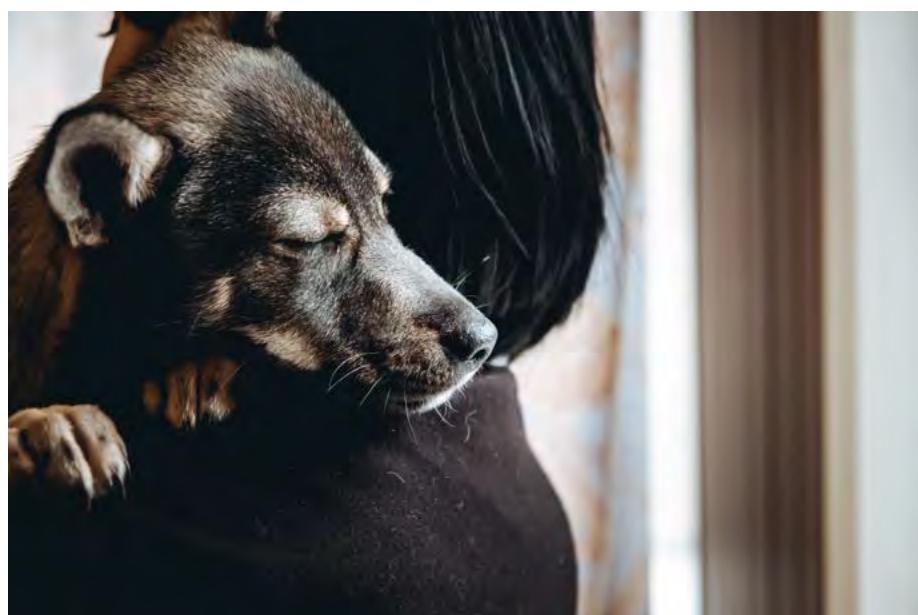
Even now, I sense him. Not in the room, but in the rhythm of my breathing. In the moments I choose to love rather than retreat. In the way I notice beauty more than I used to.

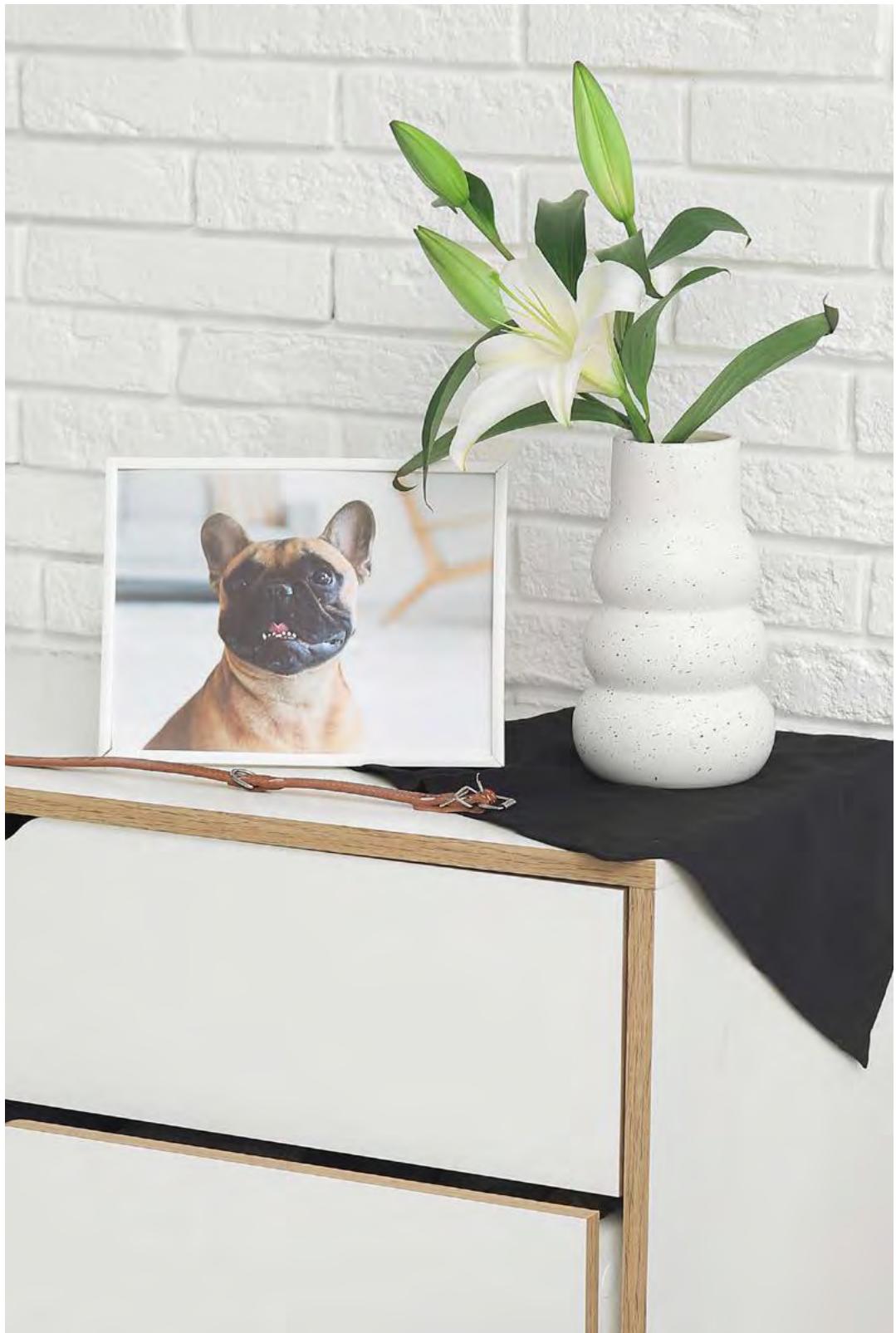
This is their final gift: to leave behind a version of us that is somehow braver, more open, more deeply alive than we were before they came.

So, dear friend, as you sit here with this final page in your hand, I invite you to pause. Let your heart remember the dog you love or the one who waits to find you.

Feel what they've taught you. Let the memory settle not as a weight, but as warmth. And if you like, write it down, let it live in your **Legacy of Love Dog Hub** journal, alongside the echoes of paw steps and laughter and quiet breaths shared.

This chapter isn't an end. It's a vow. That we will live what they taught us. That we will walk forward carrying their light.





They came with fur and breath and bright eyes. They leave behind love that never fades.

And so, we go on, not alone, but forever accompanied.

## • Exercise: Reflecting on Their Gifts

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Take some time to sit quietly with your dog or, if they've passed, in a place you shared together.

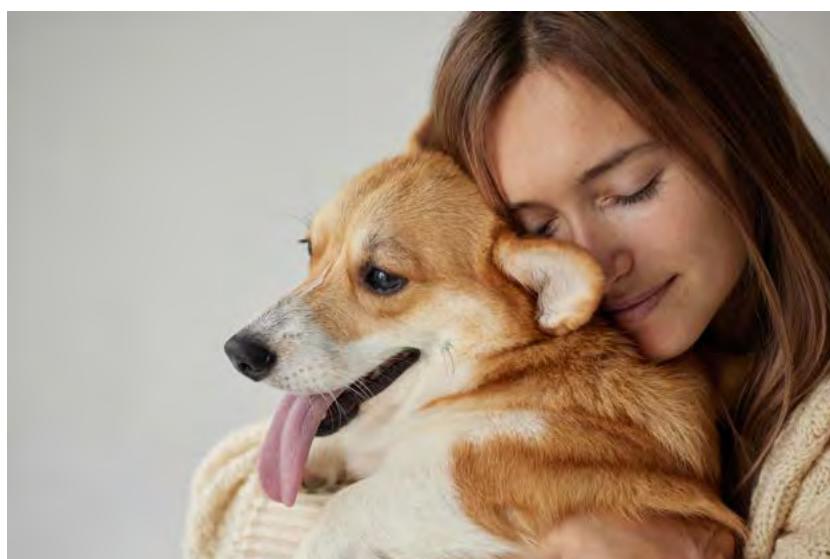
Reflect on the gifts they've given you. How have they made you a better person? What lessons do you carry from them?

Write or think about how these gifts influence your life now. Maybe it's the way you now appreciate quiet moments, or how you've learned to live more in the moment.

## • The Final Fetch

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Dear friend, dogs are our eternal light; their love is a gift that burns brightly through every wag and quiet moment. They teach us to live fully, love fiercely, and let their warmth guide us long after they're gone. This journey with *The Way of the Dog* ends here, but their lessons endure, urging us to cherish each day, to hold their legacy close. With every snuggle, every laugh, they've shaped us. Carry their soulful wisdom forward, and let their light shine in your heart forever.



## Living the Way of the Dog Checklist

### Chapter 18: A Gift of Dogs

These steps are all about celebrating the life you've shared, preparing for the future, and carrying forward the love and wisdom your dog has given you.

- SINK INTO SNUGGLES:** Hold them close, feeling their warmth. What comfort does their touch bring you? See the joy in their eyes.
- BREATHE IN THE NOW:** Sit with your dog today, feeling their presence. Notice one moment they're fully here. Take it in. What's it like?
- HONOR THEIR SPARK:** Watch your dog play or explore. Jot down how their joy lifts you in the relevant section in your **Legacy of Love Dog Hub** journal or in a personal journal.
- EMBRACE THEIR PACE:** If they're slowing with age, walk gently together. How does their calm teach you patience?
- FEEL THEIR STEADY BEAT:** Reflect on a routine they love—feeding, walks. How does their consistency ground you?

**“** ...dogs are our eternal light; their love is a gift that burns brightly through every wag and quiet moment.

- LAUGH OUT LOUD:** Recall a funny moment they sparked. Share it with a friend or note it in your journal.
- TRACE THEIR LIGHT:** Think of a dog who's passed. How does their love still guide your choices today?
- LIVE THEIR WAY:** Choose one action today: smile, rest, connect in a way that mirrors their zest. How does it feel?
- PLAN WITH LOVE:** Open your **Mr. White AI Dog Buddy** portal (<https://MrWhiteAIDogBuddy.com>) to finish and enjoy your **Legacy of Love Dog Hub** end-of-life section. Write one wish for their peace.



1

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A photograph of a man with long brown dreadlocks tied back with a red band, wearing a red and black plaid shirt and olive green cargo pants. He is sitting on a grassy hillside, hugging a brown and white dog. In the background, there are snow-capped mountains under a clear blue sky. A large, stylized white circle graphic is visible on the left side of the frame.

C H A P T E R N I N E T E E N

# BEYOND THE BOOK: CONTINUING THE JOURNEY

”

The best teachers are  
those who show you  
where to look but don't  
tell you what to see.  
That's a dog.

---

Alexandra Horowitz



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Well, we've come to the end of our written journey together, but the real adventure with your dog is just part of the daily life you share.

This chapter isn't about closing the book but about how to keep the lessons, the love, and the laughter going long after you've turned the last page.

## **Living the Wisdom**

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### **Daily Practices**

The exercises, the rituals, the intuitive moments we've talked about - make them part of your life. Whether it's the **5-Minute Hands-On Play**, the **Respect Mirror**, or just making sure you have daily cuddle time, these aren't just for when you're reading; they're for living.

### **Adapt and Grow**

As life changes, so will your relationship with your dog. Keep adapting the lessons from this book to fit your evolving life. Maybe your dog gets older, or you move to a new place; the principles of respect, intuition, and joy remain, but how you apply them might change.



## **Community of Dog Lovers**

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### **Share Your Journey**

Join dog forums, social media groups, or local meetups. Share your experiences, learn from others, and see how diverse and yet similar our canine connections are.

Join the **Mr. White AI Dog Buddy** portal (<https://MrWhiteAIDogBuddy.com>) and benefit from the plethora of resources he offers, and keep an eye out for our online events for dog lovers. Join the community, I will be there too!

### **Mentorship**

Consider mentoring someone new to having a dog or volunteering at shelters. Pass on the wisdom you've gained—not just the tricks but the heart of what it means to live with a dog.

## **Advocacy and Education**

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### **Be a Voice**

Use what you've learned to advocate for better treatment of dogs everywhere. Whether it's supporting legislation for animal welfare or educating others about responsible pet ownership, your voice matters.

## Lifelong Learning

Keep educating yourself. Read more books, attend seminars, or even study dog behavior. The more we know, the better we can understand and care for our dogs.

## • Exercise: The Dog Wisdom Pledge

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1. Write down three things you've learned from this book that you commit to practicing every day or week. Some things that stand out to you and make sense and are doable.
2. Think of one way you can contribute to the broader dog community—it could be as simple as helping a neighbor with their dog or as involved as volunteering at a local shelter.

### 3. Make a Physical or Digital Pledge:

- **Take a Moment to Write This Pledge in Your Legacy of Love Dog Hub Journal in the Mr. White AI Dog Buddy tool ([www.MrWhiteAIDogBuddy.com](http://www.MrWhiteAIDogBuddy.com)):** It could be a small, dedicated page or a note in the *Additional Notes* section. Write it as a letter to yourself or your dog, promising to uphold these practices. This physical act of writing can make the commitment feel more tangible and real. You might write something like:

*I, [Your Name], pledge to practice patience, play, and presence with [Dog's Name] every day, honoring the bond we share.*

- **On Social Media:** If you're comfortable with sharing your journey publicly, post your pledge on platforms where you connect with other dog lovers. This not only holds you accountable but also inspires others. You could share a photo of you and your dog with a caption like, "Committing to daily adventures, silent walks, and endless snuggles with my best friend, [Dog's Name]. #DogWisdomPledge #LivingTheLesson."
- **A Personal Promise:** If you prefer to keep this moment private, make it a personal promise. You could speak it aloud while looking into your dog's eyes or write it

down on a piece of paper to keep in your wallet or on your nightstand. The act of verbalizing or writing down your commitment can solidify your intention. You might say, “I promise to live by the wisdom of dogs, embracing every day with [Dog’s Name] as a gift, filled with love, learning, and laughter.”

- **Create a Ritual:** If you like, turn this pledge into a little ritual. Maybe light a candle, sit with your dog, and read the pledge together or to them. You could even set a reminder on your phone to revisit this pledge weekly or monthly, as a reminder of your commitment.
- **Visibility:** Place your pledge where you’ll see it often—on your fridge, as your phone’s wallpaper, or in your daily planner. This visibility helps in keeping the pledge at the forefront of your mind, influencing your daily interactions with your dog.

Remember, this pledge isn’t about perfection; it’s about intention. It’s a way to remind yourself to live the lessons you’ve learned, to keep the connection with your dog vibrant and meaningful, and to continually grow together in love and understanding.

## Celebrating Every Step

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### Milestones

Celebrate not just the big achievements but the small ones too. Every new trick learned, every challenging day you both get through, every cuddle session—they’re all victories.

### Keep a Gratitude Log

In your journal, regularly note what you’re grateful for about your dog. It could be their loyalty, their humor, or simply the joy of watching them sleep. Gratitude deepens our bond and keeps us grounded in the love we share.

## ☛ The Final Fetch

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*The Way of the Dog: The Guide to Intuitive Bonding and Creating Culture with Your Dog* has been our guide through understanding, loving, and growing with our dogs. But remember, the book ends here; the journey doesn’t. Every day with your dog is a new

chapter, a new adventure in love, learning, and laughter. Here's to making every moment count, to living with the wisdom of dogs, and to the endless love that awaits you both in the days to come.

## Living the Way of the Dog Checklist

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### Chapter 19: Beyond the Book

These steps are all about embracing the invaluable gifts dogs bring into our lives, both in their presence and their memory.

- GIFT OF PRESENCE:** Spend one moment this week just being with your dog, no distractions, just enjoying now.
- REFLECT ON THEIR GIFTS:** Think about one lesson your dog has taught you. How does it influence your life?
- LAUGHTER MOMENT:** Find or create one situation this week to laugh with your dog. It's medicine for the soul.
- SNUGGLE TIME:** Dedicate one extra snuggle session this week. Embrace the warmth and security they offer.
- CELEBRATE THEIR LIFE:** If your dog has passed, celebrate one memory of them. If they're with you, celebrate them by doing something they love.
- LIVE INTENTIONALLY:** Make one choice this week inspired by your dog's zest for life - it could be as simple as enjoying a walk or choosing joy over stress.

**“** Every day with your dog is a...new adventure in love, learning, and laughter.





A P P E N D I X A

# PUPPY BREATH AND NEW BEGINNINGS

”

I didn't know  
what love was  
until my dog  
came into my  
life.

— Unknown



## Congratulations on welcoming a new puppy into your life! Embarking on this journey with a young dog is both thrilling and deeply rewarding.

To help you navigate these precious early days, I've included this special section filled with practical wisdom and "how-tos". As a dog lover who's been raising puppies for over 50 years, I've learned countless things that will make your new relationship easier.

While *The Way of the Dog* primarily explores the intuitive bond and deeper interspecies culture you can cultivate with your dog, I understand that starting with the fundamentals, feeding, sleeping, housebreaking, and daily bonding, is essential to setting you both up for lifelong success.

Think of this section as a practical toolkit, a road map to guide you through your pup's first weeks and months, ensuring a harmonious, joyful start to your shared life. It has some down-to-earth tips on getting your place ready, looking after your pup through their early days, teaching them house manners, and helping them meet the world. With patience, love, and consistency, you'll nurture not just a well-behaved companion but a deeply intuitive, emotionally bonded friend.

Enjoy this special time together, and may your new pup's early days be filled with warmth, learning, and endless moments of joy!

## Making Your Home Puppy-Friendly

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Before your pup bounds in, it's a good idea to make your place safe and comfy for them—it's not a big deal, just a few simple steps I've picked up over the years that work. This keeps them out of trouble and helps you both start off on the right paw, bonding without any hiccups. And remember, your pup can be easy to train. Tell it no clearly once or twice, and don't miss a lick. The key is your consistency with catching its movements the moment they make them. Just redirect the energy to a safe zone, whether giving them a chew or moving a cord, and offering a new toy instead.

I wrote a more comprehensive book on this subject to help protect dogs from the most common dangers. Safe proof your home with *the Dog Safety Guide for Your Home* (<https://a.co/d/bBbNi5S>).

Here's what I'd do, no stress:

⌚ **DEALING WITH CORDS:** Those electrical cords and phone chargers? Puppies are apt to chew them, and that can lead to a shock or a busted TV. Just tuck them behind furniture, grab some cord covers, or lift them up high where only a giraffe could reach. It's one less worry, so they can focus on learning and having fun with you.

⌚ **KEEP TOXINS AT BAY:** Cleaners like bleach or pine sprays, and stuff like xylitol in gum, toothpaste, or peanut butter (*they can have xylitol in them, so check ingredients*), can make a pup sick or worse harm them significantly if they get into it. I banned xylitol from my home and kennel years ago—it's that dangerous, and one lick could cause big trouble, even re-chewing a piece of spit-out gum they find on the ground can cause a serious injury or death. Just stash concerning toxins away before they become a problem where your pup can't sniff them out, and you'll sleep easier.

⌚ **MAKE A SAFE OUTDOOR HAVEN:** If you've got a yard, check for plants like lilies, tulips, or azaleas—they're poi-

sonous for dogs. You will want to pull them out or fence them off. Skip cocoa mulch, which has chocolate-like compounds that are tough on puppies. Stick with pet-safe plants like marigolds or just a nice grassy spot.

❸ **DODGING THE DANGER ZONES:** Lock up your garbage cans so puppies don't turn into little trash bandits, and put socks, shoes, and small toys out of reach—swallowed Legos or buttons can mean a vet trip, and nobody wants that. And they do swallow them easily! Watch out for magnets on things like cabinet latches or small toys—they can cause serious harm if swallowed, tearing up the insides. It's a small thing, but it can cause big injuries. The magnets are no joke at all.

❹ **MAKE YOUR PUPPY'S OWN COZY CORNER:** Make a cozy corner with a crate, water, food, and a chew toy—think of it as your pup's little hangout where they can chill, enjoy their own things, and feel safe. It's like having their own room. This helps dogs settle in those first weeks and proves to be a safe haven to them throughout their lives. It's kind of cute—they get their own "room" to nap, rest, and play when your life gets busy.



This isn't about making your place perfect—it's just about setting up a safe, happy space where you and your pup can start getting to know each other, a snuggle at a time.

## **Walking Through Your Pup's Early Days**

Puppies grow fast, and each stage needs a bit of love and patience to help them thrive. Here's a review of the stages and some things to be aware of:

### **The First 0-5 Weeks: Little Sleepy Bundles**

At this age, they're with Mom and their littermates, nursing and snoozing 18-20 hours a day to build their bodies and brains. If you're fostering or breeding—like I've done—keep them warm (around 85°F) with a heating pad if needed and feed them Mom's milk or a vet-approved formula like Breeders Edge. They can't go potty on their own either yet, so Mom helps out; if she's not there, use a warm, wet cloth after feeding to wipe their behinds to stimulate them and get them going—it's precious to be part of nature mimicking Mom's care. Puppies can't release and go to the bathroom without their mother licking their genitals and bottoms to stimulate them. So, this is a crucial step.

### **6-10 Weeks: Wobbly New Friends**

By 6-10 weeks, they're often ready to come home unless they are micros or super micros, which may take a bit more time. Their teeth are continuing to come in, too. This is a nice time to start getting them used to people—handle them kindly, talking with a gentle tone. It's good to let them meet your family, other pets, and friends who are calm folks to create a confident foundation for human relationships. They'll sleep 16-18 hours a day, so keep it simple with an eat-play-sleep routine. If they seem stressed, like crying, yawning, or hiding, a new home can feel big—just give them time and keep their space relevant to their size; a not-too-large area ensures easier housebreaking as well. I remember a friend who got a Shepard puppy once who tucked under a couch for nearly a whole day after arriving home—she simply used soft music, a blanket, and hand-fed treats to get her trust again. She's a great adult dog today. Also, you will want to get a vet check within 3-5 days for shots, worms, and a once-over to keep them healthy and set up your vet routine to complete vaccinations throughout their first year.

## **11-16 Weeks: Busy Little Learners**

At 11-16 weeks, they’re full of energy, teething, and growing fast, sleeping 14-16 hours daily. This is a great time to teach them basics, as their brains are wide open. Short, fun sessions (5-10 minutes) on house stuff, commands, and meeting new things work best. Stick to the same schedule and rules so they know what’s what, and their chewing phase means grabbing sturdy chew toys to save your stuff. It’s also time to start the exercise outlined in [Chapter 7](#) on **5-Minute Hands-On Play** and get started having fun! A 2021 study from the University of Pennsylvania says 70% of their habits form now, so it’s a big chance to guide them with love and ease.

## **Acclimate Your Pup to New Surroundings**

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### **Help Them Settle In: Keep Stress Low**

Puppies are tough little critters, but big changes—like leaving Mom, brothers and sisters, a long trip, the change in water, or moving into your place—can throw them off a bit. Here’s how to ease your pup into a good routine after arriving and what to look for:

### **The First Three Days: Take It Slow**

Keep the noise down—no big crowds or loud TVs, just family and close friends for now. Set up their little “Comfy Space” with their crate, food, water, and a comfy bed in one quiet room, sticking to the same times for meals, naps, and potty breaks. Express your joy at knowing them with gentle words, calm pats, and a steady presence to help them feel at home. Again, definitely do the **5 Minute Hands-On Play** exercise; you will love it, and so will they. It’s a simple and yet powerful way to start this great relationship.

### **Picking the Right Time to Teach: A Simple Start**

The best time to start teaching your pup is around 8-12 weeks, when they’re naturally eager to learn. This is when you can get housebreaking, basic commands, and routines down pat, using their willingness to please. Royal Frenchel Frenchies are one of the easiest breeds to train at just about any age, so I have been saved from too much trouble. My pups and our customers’ pups get housebroken in just about four days and learn other behav-

iors swiftly. Once they know where to go, you have to keep up the timing of getting them out. This is crucial. And not all breeds are the same. Dogs get distracted more easily in some breeds, and some are stubborn. So, adjust as needed, but it ought to be totally housebroken with continued consistent care to the routine within one week, no matter the breed. Then you simply continue that routine. A 2022 study from UC Davis says they hit a 90% success rate with steady, positive nudges during this time. If you start later, it's no big deal—just takes a bit more rounds. The key to it all is consistency in timing, not missing a lick, as my mom would say!



### **Make Sure Your Pup Eats**

Royal Frenchels, like other breeds, might not eat much after just leaving their moms and siblings to go to their forever homes. Being surrounded by all new sights, sounds, and people is quite the experience and a bit overwhelming. So, it is good to use a puppy milk supplement, like *Breeders Edge*, if they are avoiding eating to ensure they don't get dehydrated or have low blood sugar. You can mix in Breeders Edge Milk Powder (*half strength and taper off over three days*) to ensure hydration—they usually take to it well.

Then simply share the food as well, and cut back the milk-to-water ratio. You can see our food of choice for our kennel and personal dogs on our website (<https://pawtree.com/doglove/myrecommendation/Royal-Frenchel-Basics>). I believe it to be the best on the market after studying for over two years about dog food and the ways of each company. I was quite frankly blown away with disgust at all I learned. I actually flew myself to Texas to visit the company we use today and stayed for three and a half days learning all I could about them. Since we used that food in our kennel, our vet bills, gut issues, and ear infections have gone down 80%! So definitely check it out. They also have a 90-day money-back guarantee, and they actually mean it! I have used it many times to shift a food that didn't work, etc., and they were wonderful. This is what you want in a pet food company—great customer service and superior food.

Our food uses a single-source protein, which is very important and has a proprietary micronutrient supplement base of minerals and vitamins that are excellent for your pup. I had seven dogs with allergies, and after six months on our food, none of the dogs were on medication any longer and showed no signs of allergies. Good food is something you can't take for granted. It is a miracle worker and sets your pup up for a great life if started young, just like with humans. You can get it here on my website <https://pawtree.com/doglove>.

### **Hydration & Body Checks are Important**

Pinch the skin on their neck gently; if it bounces back quickly, they're good; if it's slow or sticky, call the vet. Check this twice a day 'til they're eating and drinking regularly, since hydration can put your pup at high risk if you don't get it in time. It's always good to check for good hydration periodically with any dog. If you are in the habit, you will simply do it without thinking while snuggling or doing other activities. I always do it at the same time as checking all openings on my dogs, like their mouth, nose, ears, genitals, and bottom. You will be surprised how you can catch things early for your little friend's best care.

### **Honoring Their Need for Rest**

Provide a quiet, comfortable crate or bed, and allow them to rest undisturbed, understanding that this sleep is essential for their growth and your shared bond. Puppies need 14-20 hours of sleep a day, depending on age, to grow and feel well. A 2023

study from the American Veterinary Medical Association found that steady rest cuts stress by 30%, so they adjust more easily. The outline in this chapter for housebreaking will give you a good rest schedule as well. Your pup will blossom, and your bond will grow one nap and nibble at a time.

## **Choosing Your Puppy's Crate**

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Pick a crate that allows your puppy to stand, turn, and lie down without hitting the sides or top. Don't give a lot of extra room, but comfortable for their size.

### **Setting Up the Crate**

- ⌚ **SIZE MATTERS.** As mentioned earlier, the crate needs to be big enough for your puppy to lie down, turn around, and stand up without ducking. It should have plenty of open air flowing through it. Too much room isn't good—they might decide the back end is a bathroom! If your crate's too large, put a box in it to shrink the space, leaving just enough for comfort, but not so big that they can wander around and possibly go to the bathroom in it.
- ⌚ **COVER CRATE.** Set up your crate and prepare to use a blanket or crate cover for bedtime so that your puppy is covered in their own serene little room.
- ⌚ **BEST PLACEMENT FOR YOUR CRATE.** Place the crate next to your bed. Dogs are highly aware of presence, especially yours! Staying physically close to your pup all night will make them feel safe and secure. It will reduce stress enormously in these initial days. Also, at the beginning, when they go to bed, you can reach over and tap the top of the crate and say, "Nighty night," and then ignore them.
- ⌚ **NIGHTTIME EXPECTATIONS.** Only when they have been asleep for a couple of hours or more, and you are awakened in the middle of the night, do you take them out when they are crying. Just knock out and remember if you need it, use earplugs, but don't let them out unless it is reasonable, like a few hours after having gone to bed. Then, if they awaken later, let's say 2.5 to 3 hours later, you can bet that they have to go to the bathroom. At that time, take them out without a great deal of interaction, just

loving praise. A quick sip of water is okay if they need it, then put them right back to bed, covered and relieved. No movies in the middle of the night or fun snack hour until they are housebroken. Otherwise, they will start training you instead of you training them!

- ⌚ **NAP DURATION.** Naps should last about 1.25 to 1.5 hours. However, for days when your pup has been super busy, going an extra hour is just fine. Remember their requirement for rest and sleep is far more than ours.
- ⌚ **CRATE TIME LIMITS.** Never leave your pup in the crate longer than 2½ to 3 hours during the day, and overnight, 7 - 8 hours. Dogs sleep a lot, as you have learned, so making it through the night isn't difficult for them. The key is your consistency. If you work all day, your pup must have a sitter, dog walker, and a pen to play in with their crate inside it with an open door, paper to go to the bathroom, water, chews, toys, and a small snack.
- ⌚ **BIG “NO NO’S” ON CRATE TIME.** Absolutely never all day long with or without breaks. Crates are their private spots for rest and enjoying a chew toy or treat. They are a sweet, quiet time space to be alone, not a prison to stop unwanted behavior. Also, don't ever use a crate for punishment. You want your dog to enjoy their crate, not dread it. Dogs can't handle being crated all day, even with short breaks; it can mess with their mind, injure their bladder, and destroy their intestinal fortitude. It will cause a seriously ill mind and body. They need movement like we do. You couldn't do that all day, nor can they! Many people say, “Of course this is true, why even say it? Well, I do because of my years of experience and finding people who actually do think that they can do things like this with their dogs because they work or have “white rugs” or other poor reasons. Believe me, it is worth speaking as absurd as it sounds.
- ⌚ **MORE LOCATIONS FOR CRATES.** You can also have a crate in another part of the house where there is more activity, as well, for your ease and your pup's comfort. I have two myself! I have one in my bedroom, one in my living room/family room area, where we are more active during the day.

## Food and Water Tips

- ⌚ **WATER IS ALWAYS AVAILABLE.** When out of the crate, water should be available at all times.
- ⌚ **FEEDING OPTIONS.** Very small dogs might need food multiple times a day, so free feeding can work for them. But if you stick to set mealtimes, you'll get more consistency and a better chance of your pup going to the bathroom on a regular schedule, too. Free feeding may seem like a time saver, but in the end, it can create more time-consuming chaos than it is worth.

## The Role of Space in Your Pup's Life: Setting the Stage

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Where your puppy hangs out in the house matters just as much as when they go out.

### Confine Their Space Early On

- ⌚ **PICK A PUPPY ZONE UNTIL YOUR PUP IS FULLY HOUSE-BROKEN.** We suggest confining your puppy to a certain area while they're housebreaking and still being trained. Spots like your kitchen or family room are great for household action and building that sweet bond with your pup. They can view another room as a bathroom, otherwise, as it isn't in the main living area for them.
- ⌚ **USE A GATE.** You can use a puppy gate to create a smaller space, too. This helps you keep an eye on them better and makes them feel more at ease and confident in their surroundings.

### Temperature

- ⌚ **KEEP THE TEMPERATURE HIGH ON THE FLOOR.** Remember your puppy is just a fraction of the height you are, and warmth rises, so the floor is generally far colder than where you stand or sit. So, you need to test the temperature on the floor. Studies for young puppies show that hypothermic puppies (body temperature below normal) have a fourfold increased risk of death. For example, a puppy with a rectal temperature too low for an hour shouldn't be fed until warmed, as digestion can worsen their state.

- ⌚ I always keep a heater on the floor near a dog bed so that pups can go there to warm themselves if it gets too cold for them when they are out. This is crucial as many puppies die each year from temperature changes that cause pneumonia, which quickly kills your pup. This is a serious protection for your little one. Don't miss it!

### **Expand as They Learn**

As your puppy masters going outside to potty, you can give them more space and freedom to roam the house—and, like many dogs do, eventually sleep in bed with you! It's a natural progression that comes with success.

“ The crate becomes their safe haven, a space that's theirs alone, setting them up for success...

## **Crate Training: A Puppy's Safe Space**

Crate training is my number one recommendation for raising a happy, well-adjusted puppy. It's not just about housebreaking, though it's a superstar for that—it also gives your pup their own cozy “room” where they can rest, enjoy a toy, or simply chill. The crate becomes their safe haven, a space that's theirs alone, setting them up for success in learning bladder control and good habits. With patience and consistency, crate training transforms housebreaking into a breeze and builds a foundation for a lifelong bond.

### **Setting Up the Crate**

Start by making the crate a welcoming place. Add a soft blanket and a safe chew toy to make it inviting. Encourage your puppy to explore it with treats and kind words, creating a positive association. Never force them in—let the crate feel like a sanctuary, not

a punishment. Gradually introduce short periods in the crate, like naps or quiet time, and build up from there.

## Housebreaking with the Crate

The crate is your best friend for housebreaking because puppies naturally avoid soiling their sleeping area, teaching them to hold it until they're let out. Here's how to make it work:

⌚ **STRAIGHT OUTSIDE AFTER THE CRATE:** Every time your puppy comes out of the crate, take them directly to their designated potty spot. Prep yourself first—grab your coat and shoes if it's cold before opening the crate door to avoid delays. Carry your pup to the door's threshold, set them down, and call their name in a happy, clear, encouraging voice to lead them outside. This helps them learn their name while feeling safe following you. Hold the door open so they can trot out without worrying about it closing on them. Over time, set them down farther from the door and call them to follow, until they come running from anywhere in the house when you call.



⌚ **OUTSIDE ROUTINE:** Once outside, walk to the spot where you want them to go and say a consistent cue like "Go potty" or "Do your business." Ensure everyone in the family uses the same words—dogs pick up verbal cues

quickly! Your puppy will naturally want to walk around, sniff, and explore before emptying their bladder or bowels. If your pup is new, give them a few days to adjust and feel safe going to the bathroom out in the open. It might take up to 20 minutes at first as they get comfortable with their surroundings. Stay relaxed and still, letting them feel secure. Use this time to soak up some vitamin D, breathe fresh air, and enjoy a calming break from your day. When they go, praise them with kind, happy words and a gentle pat—keep it low-key but genuine to reinforce the behavior. If they don’t go, that’s okay; they don’t have to go every time, but they need to know where to go when they do.

 **HANDLING ACCIDENTS:** If your pup goes in the crate, stay calm. Use a firm voice to say, “No poop” or “No pee,” make a sharp slapping sound to interrupt, and take them straight outside to their potty spot. If they finish outside, praise them to show them where it’s best to go. Clean the crate thoroughly to remove any scent that might encourage repeat accidents.

## Timing is Everything

Puppies have predictable potty times, and the crate helps you capitalize on them. Most pups need to go twice in the morning—once right after waking and again after breakfast. They may also need to go after naps (even on the couch), playtime, or car rides. Don’t assume they won’t go again just because they went 20 minutes ago—they can and will! When you first get your pup, take them out every 45 minutes during active periods. After two accident-free days, extend to every hour, then add 15 minutes until you reach three hours. This rhythm teaches them where and how you want them to go. After car rides, don’t head straight inside—take them to their potty spot first, as they’re likely to go during transitions.

## Reading Your Puppy’s Signals

Every pup has unique ways of saying, “I need to go!” Some circle, sniff, or pause; others head to the door or look at you intently. Some may quietly approach you and walk away. Watch for these signals—a marked increase in activity or restlessness often means it’s time. Respond promptly to prevent accidents and share these cues with everyone in the household for consistency. Catching these moments makes housebreaking light and brief.

## **Creating a Positive Experience**

Your state of mind is everything—dogs feel your emotions. If you’re urgent, pushy, or strained, your pup will sense it, causing stress that delays their potty or leads to accidents inside. Instead, take them out with sweetness and patience. Enjoy the moments of fresh air and contemplation as they learn. Rushing or grabbing them suddenly can scare them and disrupt training. Use these outings to bond, relax, and enjoy the great outdoors. It won’t be long before they go out independently, so savor this time while it lasts.

## **Crate Time After Potty Breaks**

After a successful trip outside, your puppy can return to the crate for rest, especially after playtime or meals. Add a safe chew toy and partially cover the crate to dim the light for quality rest. A well-rested pup is ready for the next adventure, whether it’s playtime, bonding, or another trip outside.

## **Why Crate Training Works**

Crate training isn’t just about preventing accidents—it’s about giving your puppy structure, security, and confidence. A few days or a week of consistent effort will yield a housebroken dog who loves their crate and knows exactly where to go when nature calls. You’re not just training a puppy; you’re building trust and a lifelong partnership. So, take a deep breath, enjoy the process, and watch your pup thrive in their safe space!

## **An Indoor Playground Option: Alternative to Crating**

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### **For Working Pet Parents**

If you work all day, here’s another good option for you and your pup. However, your pup will still need a sitter or dog walker at least once during the 8-hour day for a period not less than 45 minutes.

## **An Indoor Playground Option: When Crating is Not an Option**

- Set up a pen that is about 3’ or 4’ square or more.
- Inside the pen, place the pup’s crate with the door open and a cover over three sides of it so there is a more restful place inside.

- >Create an area on one side of the pen with water and have a few toys available for your pup to enjoy while you are away.
- Lay down pads on the opposite side of the pen for going to the bathroom. Your pup will naturally go there nine times out of ten. This can also help train your dog to potty on pads in other locations as well.



This method of securing your dog while you are gone allows your pup to move around, get water, and enjoy a toy or two. Also, they can relieve themselves properly. However, this is not a method to be abused as well. You really don't want to leave your dog beyond three hours on average. It is best for them and will support a healthy, balanced growth process for their lives. And yes, older dogs who are used to being alone can go during the day; however, they need to have access to a place to go to the bathroom as well as water, even if they have the whole house to themselves.

It is very possible to injure a dog's bladder and digestive process by not letting them get the hydration they require when they require it, and the relief they need when they have to go to the bathroom. The damage won't show early in life; it will show much later, and the results won't please you as well as it may be painful for your dog, so please be aware.

## Nighttime

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At night, your puppy can stay up with you until they doze off, but if they happen to wake up before you after a nap, they could have an accident rather quickly. Always be sure to take your puppy out just before bed, even if you have to wake them up from a nap. Once back inside and crated, always be sure to have the crate near where you sleep so your puppy can rest knowing they're in good company.

### Nighttime Ritual: Keeping Your Pup Comfortable and On Track

Nighttime is a big part of housebreaking, and with a little care, you can keep your puppy on the right path while they snooze.

#### Bedtime Basics

- ⌚ **LAST TRIP OUTSIDE.** At night, your puppy can stay up with you until they doze off, but if they wake up before you after a nap, they could have an accident. So, it is best to always take them out just before bed—even if you have to wake them from a nap—to avoid surprises. It is a nice moment together, acknowledging the day together, and then off to dreamland.
- ⌚ **PLACE YOUR CRATE NEXT TO YOUR BED.** Keeping your pup near you at night allows it to feel like it is part of your pack. They know you are there watching out for them and feel more at ease and less likely to whine and bark as a result. So, your puppy rests better knowing they're in good company.

#### Handling Nighttime Wakeups

- ⌚ **CALM THEM WITH A TAP.** If your puppy wakes up and cries in the middle of the night, try giving the crate a positive, clear, loving tap while saying “night night” at the same time. Place the crate right by your bed so you can reach out and tap the top. Dogs feel the energy of being close, and it eases their stress, helping them drift back to sleep.
- ⌚ **QUICK TRIPS IF NEEDED.** If they keep fussing suddenly in the night, take them out—but do it quickly, with less fanfare. Offer a small sip of water if they’re thirsty, then guide them right back to the crate. No midnight movies

and snacks with them by your side during the training. You don't want to make it a big reward-fest; keep it low-key.

- ⌚ **TIME LIMIT.** Never crate them for more than eight hours overnight. Be ready to kick off the morning routine when they're up ~ shoes and coat ready before opening the crate!

## Housebreaking Made Simple: A Proven Path to Success

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Housebreaking your puppy is a joyful journey that sets the stage for a strong bond and clear communication. With a straightforward, time-tested approach, you can teach your pup house manners in just 4-7 days—Royal Frenchels often nail it on the lower end! This method has worked like a charm for countless puppies across all breeds, and with your consistency, positive attitude, and a little patience, you and your pup will succeed together. Let's dive into the essentials to make housebreaking a breeze.

### The Power of Consistency

The cornerstone of housebreaking is consistency—it's the key to helping your puppy learn quickly and confidently. Stick to fixed feeding times each day to help their body settle into a predictable pattern, making bathroom needs easier to anticipate. Consistent rest periods, whether in the crate at night (last out at 9-10 PM, first out at 5-6 AM) or during naps (1.5-2 hours), align their system with your routine, reducing stress and setting them up for success. By maintaining a steady rhythm for eating, resting, and playtime, you create a balanced environment where your pup thrives. This predictable schedule is like a road map for their body, guiding them to know when and where to go. Stay steady, believe in the process, and your pup will meet you on this road to success!

### Creating a Safe Space

To help your puppy feel secure while learning, confine them to a specific area like the kitchen or family room, using a puppy gate to create a smaller, manageable space. This makes it easier to keep an eye on them and helps them feel at ease in their new environment. As they master going outside to potty, you can gradually give them more freedom to roam the house—and maybe even snuggle in bed with you, as many Royals love to do!

## The Power of Your Attitude

Your attitude is the secret sauce of housebreaking. Dogs are incredibly intuitive—they sense if you’re hurried, frustrated, or doubting the process. A negative vibe, such as sighing in exasperation or thinking, “This will take forever,” can make your pup nervous, slowing their progress. Instead, approach housebreaking with a happy, confident mind-set. Believe in your pup’s ability to learn—they want to please you! Stay calm, positive, and proud as you guide them. Your steady, upbeat energy reassures them, making training faster and more fun. Trust me, with consistency and a winning attitude, you’ll soon develop a sixth sense for when your pup needs to go—how fun is that!

## The Six Critical Times to Take Your Puppy Outside

Timing is everything in housebreaking. Here are the six key moments to take your puppy to their designated potty spot:

- ⌚ **RIGHT AFTER LEAVING THE CRATE:** Your pup’s bladder is likely full after resting, so take them out immediately when they exit the crate.
- ⌚ **DIRECTLY AFTER MEALS:** Many pups, especially in the morning, need to poop twice—once upon waking and again after breakfast. Don’t miss this post-meal window!
- ⌚ **IMMEDIATELY AFTER NAPPING:** Whether they’ve napped in the crate or on the couch, take them out as soon as they wake up to avoid accidents. If they’re dozing near you, wake them gently for a quick trip outside and bring them back for more snuggles.
- ⌚ **DURING PLAYTIME, ON A SCHEDULE:** Start by taking them out every 50 minutes during active play. After two accident-free days, increase the interval by 15 minutes, gradually stretching to 2.5 hours as they succeed.
- ⌚ **WHEN YOU NOTICE THEIR SIGNALS:** Watch for signs like sniffing, circling, pausing, getting wiggly (especially if you’re holding them), or walking to the door and circling back. Every pup has unique cues—tune in to crack their code!
- ⌚ **AFTER CAR RIDES:** Take them to their potty spot right after a car ride, as transitions often prompt the need to go.

## Getting Your Puppy Outside

Getting your pup to their potty spot is a key part of housebreaking and a chance to build trust. Here's how to make it smooth and effective:

- ⌚ **CALL THEM TO THE DOOR:** Call your puppy to the door in a happy, encouraging voice when it's time to go out. Step through the threshold, holding the door open securely so they can cross without fear of it closing on them. This prevents spooking them and teaches them to come when called, fostering a deep connection that will benefit you both in other areas of life.
- ⌚ **USE THE SAME SPOT AND WORDS:** Take them to the same potty spot each time, saying consistent words like "Go potty" or "Do your business." Consistency helps them learn the words and cues them to act.
- ⌚ **PRAISE THEIR SUCCESS:** When they go, praise them warmly with kind words and a gentle pat—keep it low-key but genuine to reinforce their success.
- ⌚ **HELP NEW PUPS ADJUST:** If your pup is new, give them a few days to feel comfortable going in the open. Stay relaxed, enjoy the fresh air, and soak up some vitamin D—it's a nice break for you too!

## Watching for Bathroom Signals

Between scheduled outings, stay alert for your pup's unique signals that they need a bathroom break. They might get agitated (especially if you're holding them), sniff continuously, walk to the door and circle back, or pause and stare at you. These signs can be subtle, so pay close attention to how your pup communicates. Catching these cues prevents accidents and strengthens your intuitive connection. Share these signals with everyone in the household for consistency. Between times, take your puppy outside at the first hint that they need a break, ensuring you're proactive in their success.

## Handling Accidents Like a Pro

Accidents are learning opportunities, so don't sweat them—trust in your pup's intelligence and your consistency. Here's how to handle them:

“ You’re not just training a puppy; you’re creating sweet memories and a lifelong partnership.

- ⌚ **INTERRUPT THE ACTION:** If you catch your pup mid-act, clap loudly and say “No” in a clear, corrective tone to get their attention.
- ⌚ **REDIRECT AND TEACH:** If they’ve already gone, slap the floor near the pee or poop (never the pup!), hold them close, and say “No Pee” or “No Poop.” Then take them outside to their potty spot, show them a previous pee or poop, and praise it with “Good pee, good poop” to teach them where to go. Being timely and consistent helps them learn the words and routine.
- ⌚ **CELEBRATE THE WINS:** When they go outside, cheer them on with warm praise to reinforce the win. Never carry a punishing or unhappy attitude after an accident—you and your pup are learning to communicate, and this lesson sinks in fast, especially with eager-to-please Royal Frenchels.

### Doggie Door Bonus

A doggie door can be a game-changer, giving your pup a VIP pass to their potty spot. Some even have security features that allow only your dog to come in and out. Until your pup is 11-12 weeks old, go outside with them to ensure they go. After that, you can let them use the doggie door solo, checking on them occasionally to confirm success.

This housebreaking plan delivers two fantastic benefits:

- ⌚ **YOUR PUP FEELS SEEN AND CARED FOR:** Regular outings at reasonable intervals show your pup you’ve got their back, keeping them relaxed and confident.

 **YOU BUILD AN INTUITIVE CONNECTION:** As you sync up on bathroom breaks, communication becomes effortless, carrying over to other areas of life.

Smaller breeds, like Royal Frenchels, may need more frequent outings due to their smaller bladders, while larger breeds can go a bit longer. Adjust the timing based on your pup's unique needs, but this routine works for all dogs. Most pups are housebroken in 4-7 days, although those under 14 weeks of age need consistent support to maintain success.

## Wrapping It Up

Housebreaking is more than just teaching your pup where to go—it's a fulfilling experience that deepens your bond and builds communication. There are tons of strategies for potty training, but this method has worked wonders for over 50 years, for all breeds, including the Royal Frenchel Frenchie breed I created. With a consistent routine, a positive attitude, and this proven approach, you'll have a housebroken pup in no time. Trust in your dog's intelligence and your commitment to the process. You're not just training a puppy; you're creating sweet memories and a lifelong partnership. Stay steady, believe it will work, and enjoy the journey—you and your pup will nail it together!

## Daily Routine & Housebreaking Made Easy: A Full Day Plan

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Here's the daily rhythm that has worked wonders for over 50 years, helping Royal Frenchel families and folks with all kinds of pups raise happy, healthy, housebroken dogs in just 4-7 days. This is the same plan we share with every Royal Frenchel customer, and let me tell you, it's never let me down! It's all about consistency, love, and a bit of fun to make housebreaking a breeze for you and your pup. The key? You, their beloved human, staying steady with a can-do attitude, believing your pup is totally trainable. They want to meet you on this road to success, and with your clear guidance and positive vibe, they will! This guide is your go-to for a routine that not only gets the job done but also builds a sweet bond with your pup.

### 6:00 AM: Morning Kickoff

1. **Out Right Away.** Take your pup out immediately upon waking to stop it from going in its kennel. Call your pup

confidently to follow you—slip on a harness and leash quickly, or head straight to the yard. Either way, use their name clearly so they trot out with you. Take them to the same spot every time and say the same word—like “potty”—to signal it’s bathroom time. Remember to call their name over the threshold of the door to both learn to come when you call and to feel safe through the gauntlet!

2. **Breakfast Time.** Bring your pup back inside after they’ve gone and feed them breakfast.
3. **Second Trip Out.** Once they turn away from the food and move away from it, meaning they’re done eating, call them outside again. They might pause mid-meal to swallow or take a breather, so wait until they’re fully done. Don’t let any time pass between eating and going out, or you’ll risk a morning mishap. Success is the name of the game here—not correction, but education and communication. Small dogs poop twice in the morning through their first year.
4. **Handling Slip-Ups.** If you need to correct during house-breaking, hold your pup, slap the floor with a direct, intentional voice, and say “No pee,” “No poop,” or “Not good”—show you’re unhappy with the mess. Make a clear, loud slap, but if your pup’s sensitive, keep it firm but perhaps a slight bit below your loudest slap. Then take them out right away—they’ll catch on fast. Show them where to go as shared above, and praise the spot well.
5. **5-Minute Hands-On Play.** After a successful bathroom trip outside, give your pup 5 minutes of uninterrupted play time—full attention on them, looking at them while you play. Make this a habit; your dog will adore you for it, and you’ll get to know them deeper intuitively. If they didn’t go to the bathroom the second time, crate them for 20 minutes with a chew or put them in a play area, then try outside again. See *5-Minute Hands-on Play* in [Chapter 7](#) for more information.
6. **45-Minute Free Play.** Next, your pup gets 45 minutes to enjoy toys and the house. If they’re new, spend at least 25 minutes of this with them to build that bond and learn more about their unique personality.

## **9:00 AM: Rest & Naptime**

1. **Crate for Rest.** Time for a break—put your pup back in its crate with a chew and leave it for 1.5 to 2 hours.
2. **Dehydration Check.** Puppies need enough fluids, so check they’re not dehydrated. Squeeze their skin gently; if it snaps back fast, they’re good. If it’s slow or sticky, they’re dry—give them ample fluids like water, Breeders Edge Milk, or some delicious bone broth by pawTree. <https://pawtree.com/doglove/product/Bone-Broth-GMBONEB?itemCode=2477&queryID=46e18e5f846e6e80c1260b221ebecab4&itemCode=Bone-Broth-GMBONEB>

## **10:45 AM: Mid-Morning Refresh**

1. **Out After Nap.** Take your pup out immediately upon waking to avoid kennel accidents. Call it confidently so it doesn’t wander off and pee or poop elsewhere—use a harness and leash or go straight to the yard. Say its name clearly, take it to the same spot, and use the same bathroom word.
2. **5-Minute Hands-On Play.** After a successful trip outside, give them 5 minutes of focused playtime—eyes on them, full attention. It’s a habit that deepens your bond. If they didn’t go, crate them for 20 minutes with a chew or use a play area, then try again outside.
3. **45-Minute Free Play.** Next, they get 45 minutes to play on their own—repeat the morning routine after their nap.

## **11:45 AM: Lunch Break**

1. **Bathroom Trip.** Go out to the bathroom again.
2. **Play Hour.** Back inside for an hour of play, then...

## **1:30 to 2:00 PM: Afternoon Nap**

1. **Crate Time.** Back to the crate for a 1½-hour nap.

## **3:30 PM: Afternoon Boost**

1. **Bathroom Break.** Go out to the bathroom.
2. **5-Minute Hands-On Play.** After success outside, give them 5 minutes of uninterrupted playtime with your full focus.

3. **45-Minute Free Time.** They get 45 minutes out in the house—hopefully with you for a good chunk of it.

### **4:30 PM: Dinner Time**

1. **Hearty Meal.** Serve dinner just like breakfast—a really good “mambo” meal! Make sure they eat well now.
2. **Bathroom Trip.** Go out to the bathroom again—spend about 20 minutes outside whenever you can.
3. **5-Minute Hands-On Play.** After a successful trip, give them 5 minutes of focused playtime inside.
4. **Extended Play.** Next, they get 45 minutes of solo play that can roll on with you or others until bedtime. Keep taking them out at intervals—every 45 minutes, then 1 hour, then 1 hour 15 minutes, then 1 1/2 hours, and so on. A good romp after dinner sets up a solid night’s sleep for everyone.
5. **Watch the Naps.** They might sneak a short catnap here, but don’t let it stretch past 2 hours—they’ll sleep better overnight if they don’t overdo it now.

### **8:00 PM: Bedtime Wind-Down**

1. **Final Bathroom Trip.** Before bed, take your pup out to the bathroom, then tuck them in.
2. **Limit Food and Water.** Make sure they don’t eat or drink a ton right before bed—load them up at dinner for hydration and nutrition to carry them through to morning peacefully.

### **9 -11:00 PM: Quick Nighttime Break**

1. **Late Bathroom Run.** Wake your pup for a quick bathroom trip outside.

## **Socializing Your Pup: Building Confidence with Your Best Buddy**

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Getting your puppy comfy with people, other critters, and the big world out there is the key to a happy life together and keeping them safe. It’s not a tough job—just a little love and patience. Dogs aren’t stupid; they’re capable of so much more than we know, like service dogs sniffing out folks after a disaster or nudg-

ing a kid away from water. They think differently than we do, and getting to know your pup’s personality makes socializing a breeze. Every dog’s got their own vibe—some are shy, needing a gentle pace, while others are social butterflies who just need manners. Respect that their ears hear more than we do, so loud sounds might startle them, or their super nose might tempt them to sniff a restaurant table. With a bit of care, getting your pup ready to meet the world is a fun adventure you’ll both love.

### **Making it Fit Your Life**

Socializing doesn’t mean piling on a big to-do list—it’s about weaving it into what you’re already doing. On a potty break? Let them hear a car or feel the grass under their paws. Grabbing the mail? Let a neighbor stop by to say hi and give your pup a gentle pat while you chat. Heading to a friend’s? Bring your pup for a quick indoor sniff. Keep a treat in your pocket and a smile on your face—it’s just you and your pup living life with a little extra fun. Pick spots that fit your routine, like a quiet park or a pet-friendly store, so you’ll keep it up without a fuss. These small moments add up, making socializing feel like part of your day, not a chore.

### **Why Socializing Matters**

Socializing helps your pup feel confident and builds a rock-solid bond with you. Their ears catch sounds we miss, and their nose is a superpower, so things like car horns or clanging dishes can be a lot at first. By introducing them to life’s sights and sounds with care, you show them the world’s full of good things, not just surprises. Dogs love the buzz of new experiences, and they’re tougher than you think, like kids exploring a playground. Keep it positive, and you’ll have a pup ready for vet visits, coffee shop outings, or anywhere life takes you.

### **When to Start**

The sweet spot for socializing is 6 to 16 weeks, when your pup’s mind is wide open, soaking up everything. But don’t stop there—keep it going past 16 weeks, even up to 2 years, to lock in that confidence for life. Most pups, especially Royals, catch on quickly, sometimes in a couple of weeks if you’re steady. Shy or tiny dogs might need extra time to feel safe, while protective breeds need more attention. A 2022 study says ongoing positive meet-and-greets into adulthood keep behavior issues at bay, so make socializing a lifelong habit.

## **How to Socialize Your Pup, Step by Step**

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Here's how to bring your pup into the world, step by step, with stories to guide you:

### **Start with People**

Introduce your pup to calm folks first—family, a gentle neighbor, or friends who are good with dogs. Teach kids to approach softly with kind, fun energy and lots of love, care, and a spot of humor. Keep it low-key: soft voices, gentle pats, and a treat or two when your pup's wiggling and wagging. If they tuck their tail or back off, give them space to check things out—they'll come around when ready. Sit at their level to avoid towering over them, which can spark a fear of heights. As they get comfy with family, they'll be ready for more folks—kids, seniors, or someone with a hat—one at a time to keep it simple. It's like getting to know your pup's personality and welcoming it into your world. Have fun noticing who they are as a character!

### **Meet Other Dogs and Animals**

On the Street: Not every dog is friendly, so stay sharp. When another dog and their human approach, hold your pup's leash behind your left foot, keeping yourself between them and the new dog. Ask, "Is your dog good with other dogs?" Then check the dog's signals—wagging and relaxed is great; stiff or growling means back off. If it feels right, move to the right, keeping about 18 inches between them, and let them sniff while you watch. If you're uneasy, pull back gently to protect your pup. When it's all good, they'll enjoy the meet-and-greet!

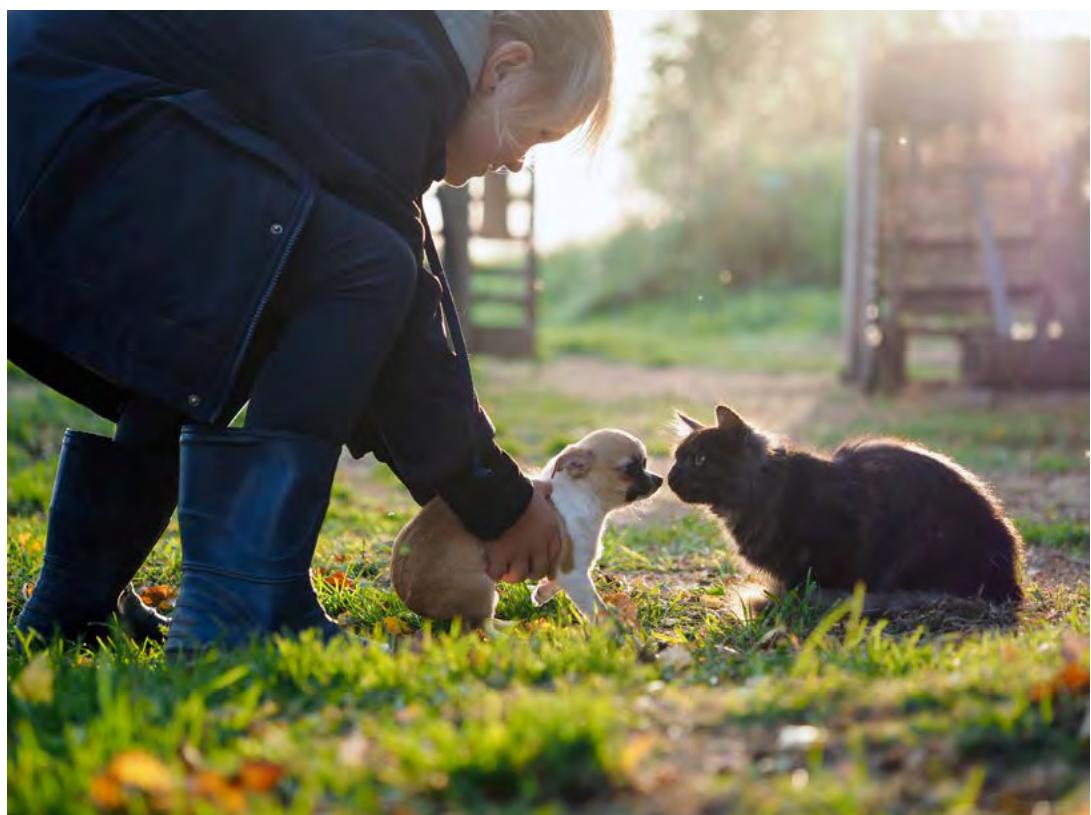
At Home or with Friends: In a fenced yard, let your pup meet a calm, vaccinated dog or other critters like cats, birds, or horses. Watch closely—puppies learn play manners through fun tussles. If they get too rough, pinch the side of their neck and say "settle," but first check if they're just excited, not stressed. Don't jump in too fast—your awareness keeps things calm without adding anxiety. Over time, they'll figure out their doggy etiquette for a happier life with furry friends.

### **Introduce Sounds, Sights, and Surfaces**

**Sounds:** Let them hear life's noises—car horns, soft radio tunes, or dishes clanking. Start quietly, like on a porch or a quiet park

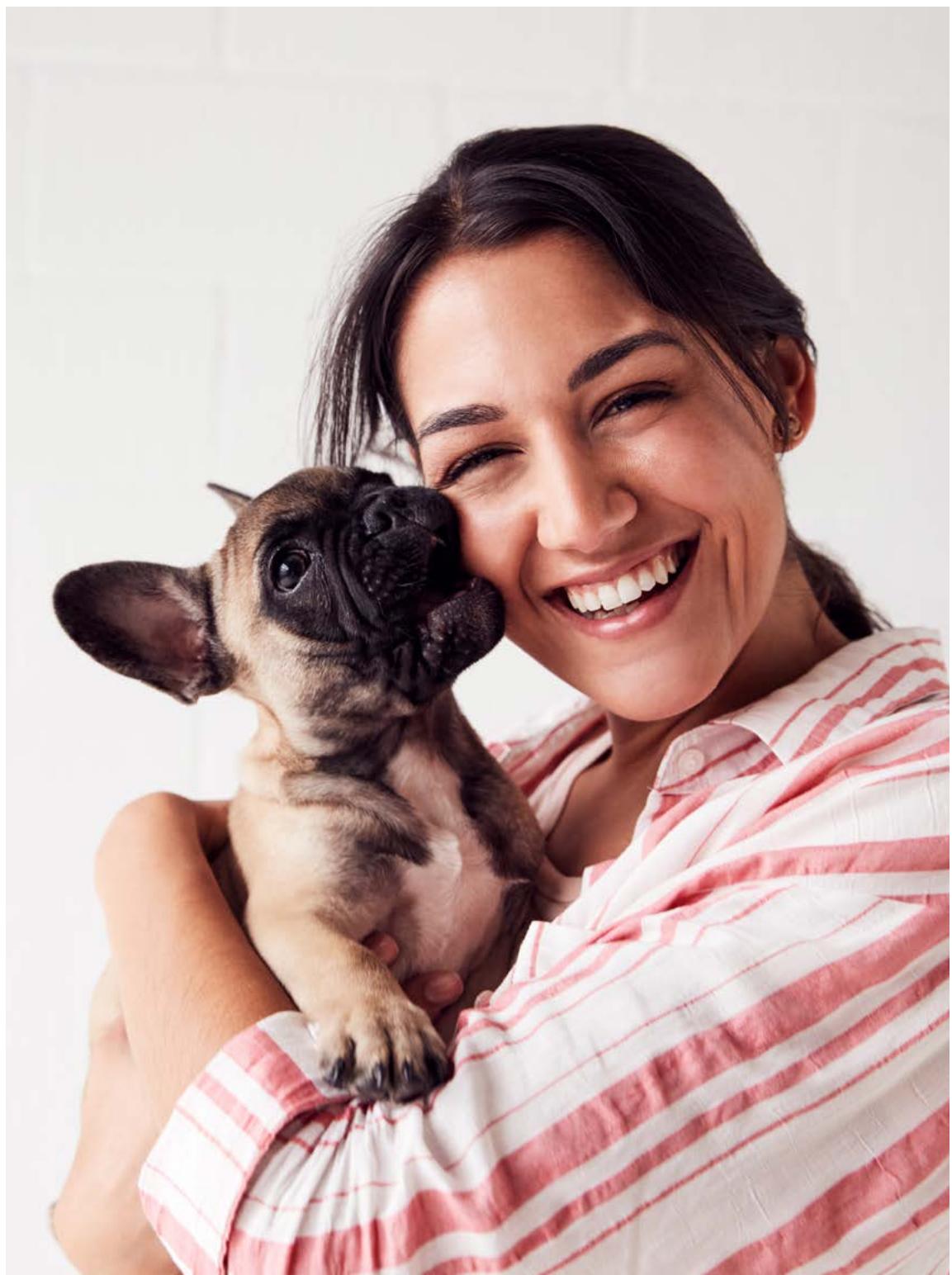
corner by a street, then ease closer if they're relaxed. At home, let the dishwasher hum or play soft music while they're nearby. No extra trip needed—just let life's sounds play while you're chilling. For a fun outing, take them to a car wash for flashing lights and whooshing sounds; snuggle through it and give a treat at the end to celebrate making it through!

**Surfaces:** Walk them on grass, tile, gravel, or concrete. In rain, snow, or heat, use shade to protect their paws from hot ground. Pop into a pet-friendly store with slick floors—grab a treat for both of you! If they stop on shiny floors, walk slowly, pausing to help them get their footing, till they go with your flow.



### Mix Up the Crowd and Places

Once your pup's good with a few folks, bring in a variety—kids, seniors, someone in a hat. Sit on a park bench or your front steps to watch light foot traffic. Don't start with crowded malls—build up to busier spots like a coffee shop or dog park as they get comfy. Stroll a quiet sidewalk for street vibes, then duck into a friend's house for indoor calm. If they react to someone or



something, give them time to explore—they’ll usually get their bearings. Later, try the vet or a zoo to keep the variety going.

## Try a Hotel Adventure

When I train my pups after housebreaking, I take them for an overnight stay in a city hotel, like Seattle. I head out early to get a full day in. We walk sidewalks, check out the hotel store, and eat lunch with my pup on a rolled-up pad at my feet, leash and halter on. They might show some nerves, but I keep going till we’re back in the room by 2 PM for toys, snuggles, and a nap in bed. The next day, we soak up more city sights and sounds. They have a ball, and so do I! Just keep up the routine at home to make it stick.

## Chatting Across Species

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Dogs are great at reading us, but we can tune into them, too. On [royalfrenchel.com](http://royalfrenchel.com), I talk about seeing the world from your pup’s vantage point and responding with care—that’s the heart of getting along. Try the “5 Minute Hands-On Play” connection from our site—it’s a simple, powerful way to know your pup better, making them eager to learn from you. When meeting strangers or dogs, assess the situation. On a walk? Enjoy it! At a restaurant? That’s not the time for visiting. Teach a “greet” command with a slight leash tug to signal when it’s okay to meet someone; otherwise, they stay by your side. Use it daily, and they’ll learn fast with your clear, consistent cues.

## Watch Their Signals

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Your pup’s always telling you how they feel. Wagging tail and perky ears? They’re loving it. Tucked tail, shaking, hiding, or whining? They’re saying, “not yet.” Back off, give them a breather, and try again soon. Don’t stop exploring out of worry—they’re resilient, like kids, and can handle a stretch. If they pant, shake, or avoid crowds, ease back but keep going. I’ll never forget my old boy, Mr. White, my service dog for 16 years. We were visiting someone in the hospital, and he suddenly got anxious, pulling back from his usual happy greeting. I noticed his unease and stayed close—good thing, because he got sick everywhere! Had I not caught his signals, that person would’ve had quite the mess. Your awareness makes all the difference.

## **Keep It Positive**

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Praise them big when they nail it—soft words, a pat, maybe a tiny treat. Don’t push if they’re unsure; help them set the pace. But don’t baby them either, transferring your own fears into the scene. And this isn’t boot camp, it’s a bonding party! Make every step a win, and they’ll trust you to guide them through anything. I’ve watched my pup turn into a social butterfly just from a few happy hellos in a store on their first trip out. All dogs like to feel confident and assured of their situations, no matter where they are. So, if you are right there introducing them, enjoying it with them, then they are apt to simply move forward and enjoy the exposure as long as they aren’t pushed.

## **Enjoying the Journey**

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Raising a puppy’s a real treat, with a bit of work that’s worth every minute. Socializing is about opening the world to your pup, letting them explore by your side, where they want to be. Most pups, especially Royals, click fast because they’re wired to please, but tiny or protective breeds might need extra care to feel safe. With steady outings, you’ll see them strut into new places, tail up, ready to roll. My years raising puppies into great pals have taught me so much about leadership, service, and keeping a great attitude. Take it easy, love ‘em up, throw in a laugh or two, and your pup will make your life richer, one wiggle and sleepy snuggle at a time.

## **Important Safety Notes**

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**Watch for Wildlife:** Be aware of big birds or other animals that may put your pup at risk. My neighbor just had their dog taken by a large hawk, which was very sad and undeniably painful for the 14-year-old beloved Jasper. It is a real thing, so if you are in an area where big birds or other animals are an issue, like coyotes or mountain lions, protect your pup. If you travel to a new area, check to see if there are issues there as well before putting your pup out alone. Coyotes can jump into a yard and right back out with a pup in their mouth easily. I have seen it myself. So, you may want to get a coyote vest, which inhibits big birds and coyotes from getting your pup due to the long spike-like hairs that

come off the back of the vest. It is a helpful vest where coyotes and big birds frequent, ensuring your pup is protected if your back is turned temporarily or your dog explores out of reach.

**Not Having Insurance Can Injure Your Dog:** In my view, insurance is vital for anyone with a dog today. The best care is provided by vets who believe you care most about your dog. People with insurance get better coverage, in my experience. The vet thinks highly of you for protecting your dog, and you are covered for things that might otherwise be very challenging to pay out of pocket. You don't want to be in a situation where you have to give your dog away because a surgery has an astronomical price. Yet for a nominal fee monthly, you can easily have your little sweetie pie covered and protected.

I always suggest Healthy Paws. There are many insurance companies, and over the years, I have just found that Healthy Paws does the best job at covering without limits and responding to true ills that may occur. They don't just cut your dog out of their policy easily, either. They are reputable, and I have always heard great things from my customers about them. If you're interested and would like more information, I have a referral link you can use: <https://www.healthypawspetinsurance.com/?affid=RF04740&pc=SAVE10>.



## Living the Way of the Dog Exercises and Checklists

## I have made it easy to access all the exercises and checklists in this book.

I'm providing them in this appendix in case you listen to the audiobook and want them for easier access, or you simply want to refer to a chapter's exercises and checklist for a refresher. You can flip through this appendix to quickly find the resources to guide you in activities you can do with your dog. They're organized by chapter, so you can refer to the original chapter for more information if you have any questions or want more information.

You may want to print some or all of these exercises and checklists so you can make notes and check off items as you complete them. They are also in the **Mr. White AI Dog Buddy** tool ([MrWhiteAIDogBuddy.com](http://MrWhiteAIDogBuddy.com)), which is described throughout this book.

Remember, the exercises are practical applications discussed in a particular chapter. They are meant to be fun, insightful bonding activities. Engage with these exercises when they feel right for you and your dog. They're here to inspire and guide your interactions, not to burden you with additional tasks. You may want to modify the exercises to suit your dog's personality or your schedule. The key is enjoyment and learning, not perfection.

The checklists are not meant to be tackled all at once. Instead, consider using one checklist per week or any way that works for you. That way, you can focus on integrating the lessons from each chapter into your daily life with your dog without feeling overwhelmed. This is all for your dog and you. Have fun!

## **Exercises from Chapter 1: Your Dog and Interspecies Communication—Building Your Home Base Culture**

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You and your dog are partners in an interspecies dance. You start with your heart, witnessing their individuality, meeting their needs, and engaging with joy. The items in this checklist help you do just that.

### **Living the Way of the Dog Checklist**

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#### **Chapter 1: Your Dog and Interspecies Communication**

- SEE THEIR SOUL:** Spend a minute today looking into your dog’s eyes. What new details do you notice about who they are?
- TRY THE PLAY:** Do the 5 Minute Hands-On Play (described in [Chapter 7](#)). How does it feel to connect soul-to-soul?
- START ONE LAW:** Pick one law—witness, care, or interaction—and practice it today. Maybe it’s a consistent mealtime or 10 minutes of focused play.
- ASK AND LISTEN:** Pose a silent question to your dog. For example, “What do you love today?” Rest in the quiet—what do you sense?
- FEEL THE TEAM:** Notice one way your dog contributes to your “pack.” For example, making you laugh or alerting you. Say a quiet “thank you” for it.

## **Exercises from Chapter 2: From Tools to Beloved Family—A Journey Begins**

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Chapter 2 covers a brief history of time in dog years, and provides guidance on using this historical knowledge to understand how your dog is a spiritual partner, a friend for life's journey.

### **Living the Way of the Dog Checklist**

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#### **Chapter 2: From Tools to Beloved Family**

This list is all about kicking off your journey with a foundation of mutual respect, where both you and your dog learn, laugh, and grow together. Have fun!

- STEP BACK:** Picture one moment—like a wolf by the fire or a medieval mutt. How is that alive in your dog today?
  
- FEEL IT:** Whisper to your pup, “We go way back.” Let that sink in.
  
- YOUR HISTORY’S THREAD:** Notice one way they fit your life now. What does that say about this journey? Maybe it’s how you’d never leave them with just anyone, or how you go out of your way to get them that special treat on Saturdays.

## **Exercises from Chapter 3: Communication Beyond Words**

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Chapter 3 brings you into your dog's sensory world. It talks about ways to understand your dog by picking up their cues and body language and using them as the basis to begin communicating with your dog without spoken words.

### **● Exercise: Practicing Silent Walks**

1. **Set the Intention:** Decide you're going to walk without saying a word. This isn't just about silence; it's about stepping into your dog's world and giving them the spotlight.
2. **Observe:** Let your dog lead the pace. Maybe they sniff every tree like they're reading the morning paper. Or they might stop and listen to a sound you can barely hear. They're communicating with the world in their own way.
3. **React to Their Reactions:** If they stop or change direction, follow them. This isn't you taking them for a walk—it's you joining them on theirs. Think of it like this: if they're suddenly alert, there might be something you should be aware of. Like that time my beloved Diva alerted me to my heart condition when I was on an airplane. At first, I got after her, forgetting that she was well trained and trying to tell me something was wrong. Eventually, I listened. They turned the plane around, and I received the timely care I needed at a nearby hospital.
4. **Reflect:** After your walk, take a moment to reflect. What did you learn? Did you notice something new about your dog—their preferences, fears, or instincts? Did you see how they relate to the world without words?

This exercise isn't just about understanding your dog better; it's about respecting their role in your life. It's an acknowledgment of the dog's role as a guide and guardian in our shared world, highlighting the need for a hierarchy that values each being's contribution to the relationship. They're not just pets; they're guides, protectors, and friends who have their own way of seeing the world. By listening to their silent language, we foster a relationship where both of us are understood, not just one dictating to the other. It's about building a life where both human and dog thrive together in balanced, communicative harmony.

## Living the Way of the Dog Checklist

### Chapter 3: Communication Beyond Words

- SILENT STROLL:** Plan a “Silent Walk” this week. Let your dog lead without a peep from you. Observe what they notice—it’s like they’re reading the doggy news!
- READ THE ROOM (OR YARD):** Spend five minutes watching your dog’s body language. Tail wags, ear positions, the works. What’s their mood telling you?
- DECODE THE BARK:** Next time your dog barks, try to guess what they’re saying. Is it excitement, alertness, or just a social media update?
- SENSORY ADVENTURE:** Introduce one new smell or sound in a controlled way—maybe a new herb in the yard or a gentle wind chime. See how your dog reacts.
- REFLECT AND CONNECT:** After any interaction, take a moment to think about what you’ve learned about your dog’s communication. Did you pick up on something new?

“ ...understand your dog by picking up their cues and body language...to begin communicating...without spoken words.

## **Exercises from Chapter 4: Understanding Dog Body Language**

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[Chapter 4](#) digs into a dog's body language in more detail. By learning to "read" your dog, you can better nurture a relationship based on mutual respect and empathy, where both of you feel understood.

### **Living the Way of the Dog Checklist**

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#### **Chapter 4: Understanding Dog Body Language**

This checklist encourages you to actively engage with and interpret your dog's body language. It will foster a deeper understanding and connection without overwhelming either of you with too many tasks. Let the list be a reminder, and do just a few of these items as you get comfortable with learning about your little buddy. Intimacy is fun and results in better health for the two of you.

- WATCH THE EARS:** Next time your dog interacts with something new, check their ears. Forward may mean interest, back may mean caution.
  
- TAIL WAGGING DECODER:** Observe the wag this week. Is it high and fast, or low and slow? It tells you a lot about their mood.
  
- PLAY BOW ALERT:** When your dog bows during play, join in! It's their way of saying "Let's play!"
  
- EYE CONTACT:** Notice if your dog's gaze is soft or hard. Soft eyes mean comfort; a hard stare might mean they're feeling challenged.
  
- STRESS SIGNALS:** Look for signs like yawning or lip licking in new or stressful situations. It's their way of saying, "I'm uncomfortable here."



- VOCAL CLUES:** Pay attention to the type of bark or whine. Context is key—is it excitement, fear, or a warning?
- FULL BODY READING:** Next interaction, try to read your dog’s whole body. Are all signs pointing to the same emotion?
- CONTEXT IS KING:** When reading their body language, think about what’s around them. Are they reacting to something specific?
- PERSONAL STUDY:** Spend time observing your dog in different settings this week. What unique expressions do they have?
- APPLY IN TRAINING:** Use your new body language knowledge in one training session. Respond to their signals to enhance communication.

## **Exercises from Chapter 5: Developing the Art of Intuitive Connection**

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Intuition with your dog is an art form where understanding goes beyond the spoken word. Developing it can help you and your dog thrive.

### **Exercise: Intuitive Play**

“Intuitive Play” is a game of guess and check, where you learn to anticipate your dog’s desires or next moves, honing your intuitive skills. It’s about tuning into your dog’s unspoken desires through playful interaction:

1. **Set up:** Find a space where your dog can move freely. Have some toys or treats handy, but don’t start with them; let your dog’s behavior dictate the play.  
**Example:** Clear a room or use a fenced yard where your dog can move freely. Have toys like a ball, a squeaky toy, and perhaps a rope tug around, but keep them out of sight initially.
2. **Begin the Play:** Start with simple, free play. Watch for cues—does your dog look at a toy or a particular spot in the room? Do their ears perk up at a sound you might not have noticed?  
**Example:** Start by simply sitting with your dog. Watch their body language. If they keep looking at the toy bin, they might be hinting at what they want to do.
3. **Predict and Act:** Try to predict what your dog might want next. If they glance towards a toy, pick it up, or move it closer to them. If they seem to want to chase, throw something, or run a short distance away to encourage them to follow.  
**Example:** If your dog’s eyes light up when you glance at their favorite toy, pick it up and see if they get excited. Or, if they’re staring at you with that “chase me” look, take a few playful steps back, inviting them to follow.
4. **Feedback Loop:** Pay attention to your dog’s reactions. If you predict correctly, there’s a sense of “click” where both of you feel in sync. If not, observe what they do instead and learn from each interaction.  
**Example:** Let’s say you chose to throw the ball because they seemed interested, but they only look at it without moving.



This feedback tells you they might not be in the mood for fetch; perhaps they wanted to play tug or just cuddle.

5. **Vary the Play:** Mix up the activities. Sometimes, your dog might want to play tug; other times, they might prefer a quiet snuggle or a different game entirely. The key is to adapt based on their subtle cues.

**Example:** One day, your dog might be all about chasing a frisbee, but the next, they might nudge you towards a quiet corner for some gentle petting. By varying the play based on their cues, you're learning to anticipate their mood swings or preferences. And they are learning what you attend to.

6. **Reflect:** After playing, reflect on what you've learned. Did you notice patterns in your dog's behavior? Were there moments where your intuition was spot-on or entirely off?

**Example:** After a session where you guessed right about a game of hide and seek with treats, reflect on what cues led you there. Was it their sniffing behavior or the way they looked at you? This reflection helps solidify your intuitive understanding.

This exercise isn't just about fun; it's a training ground for your intuition. Over time, you'll notice you're anticipating your dog's needs or moods before they fully manifest. This intuitive play can reveal when your dog is tired, when they're in the mood for more vigorous activity, or when they simply need a moment of quiet companionship. And the cool thing is that this ability will generalize to family and work scenarios as well. You can't lose using these exercises as they will enhance your life everywhere you go.

## Living the Way of the Dog Checklist

### Chapter 5: Developing the Art of Intuitive Connection

These steps are about tuning into that special frequency between you and your dog, where intuition turns play into a dance of understanding, peace, and joy.

- INTUITIVE PLAYTIME:** This week, play a game of “guess and check” with your dog. Pay attention to their cues and try to predict what they want to do next.
- EMOTION MIRROR:** When you feel stressed, take a deep breath and watch your dog. See if they calm down with you. It’s like a Zen moment for both of you.
- BE PRESENT:** On your next walk, ditch the mental to-do list. Focus on what your dog is doing. What are they sniffing? What sounds catch their ear?
- TRUST YOUR GUT:** If you get a hunch your dog isn’t feeling right, trust it. Maybe give them a little extra attention or even a vet visit if you’re really worried.
- REFLECT ON THE CONNECTION:** After playing or spending time together, ponder the moments you felt in sync. Did you learn something new about your dog or yourself?

“ Intuition with your dog is an art form where understanding goes beyond the spoken word.

## **Exercises from Chapter 6: How to Generate Love with Your Dog—Love is Not a Mystery, it's a Skill You Can Learn!**

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Love is more than a feeling—it's something you do that generates the feeling we call love. This chapter covered practices to help your dog feel seen, safe, and cherished. This chapter explained how to practice it to gain a greater bond with your dog.

### **• Exercise: The Soul Sketch—See Your Dog as Valuable, Just for Being Who They Are**

Sit somewhere quiet with your dog near you. With a pen and notebook, or your **Legacy of Love Dog Hub** journal, open your tablet (<https://MrWhiteAIDogBuddy.com>), and begin writing a description of your dog's personality—not what they do, but who they are.

- What makes them uniquely who they are?
- Are they funny, smart, curious, cautious, brave, silly, wise, sensitive?
- What do you feel when you look at them?
- Now, just look at your dog, quietly think of how much you enjoy just who they are. Not for anything they do, but just because they exist in your life.

Close your eyes for a moment and say to yourself, “*You (your dog’s name) are valuable, just for being you.*” Say it once aloud if it feels right. Let that truth land between you.

### **• Exercise: The Curiosity Invitation—Show Genuine Interest in What Your Dog Is Doing**

For 5–10 minutes today, become your dog’s student:

- Watch what they’re doing without interrupting.
- When they engage with something (a toy, a scent, a sound), join their world.
- Gently name what you notice aloud: “I see you found something interesting,” or “Oh, that toy means something to you today.”

Be sincere. Dogs can feel a fake a million miles away! Just genuinely see something you love about them and take interest in

it. Start there and then expand to hold interest in something you don't know yet about them. Seek out more to know about them with joy.

Tomorrow, try noticing something *new*—a subtle behavior you hadn't seen before. Let your interest grow naturally, like a garden.

### ● **Exercise: Personality Playbook—Discovering Your Dog and Blossoming Their Personality**

- Imagine a school setting: a mix of personalities you once knew.
- Ask, “If my dog were a kid in that classroom, who would they be?”
- Come back to the present moment. Observe your dog in real time—movements, expressions, small quirks, and notice additional things you would add to that identity. Enjoy yourself being so cool as to identify it so clearly!
- Use creative prompts: What color would my dog be? What kind of environment feels like them—ocean, forest, desert, cozy den?
- Practice this form of attention for three weeks as a “science experiment.” Don’t force outcomes, just observe and be present, along with all that you are doing with the equation to generate love.
- Watch and journal how their personality blossoms and how your care deepens with it. Notice the change with ease between you both and the feeling of greater peace or calm that may be present.

### ● **Exercise: Five-Minute Love Pause—Offer Daily Care and Affection Through Tone, Touch, and Presence**

Once a day, pause everything. Sit with your dog and do the following:

Speak to them with a soft, loving tone (just a few words are enough). Place your hand gently on their back, chest, or paws (wherever they like to be touched). Stay present—no phone, no agenda, just breath and contact. Let this be a quiet offering of affection, not a performance. It’s your heart saying, “I’m here. And you matter.”

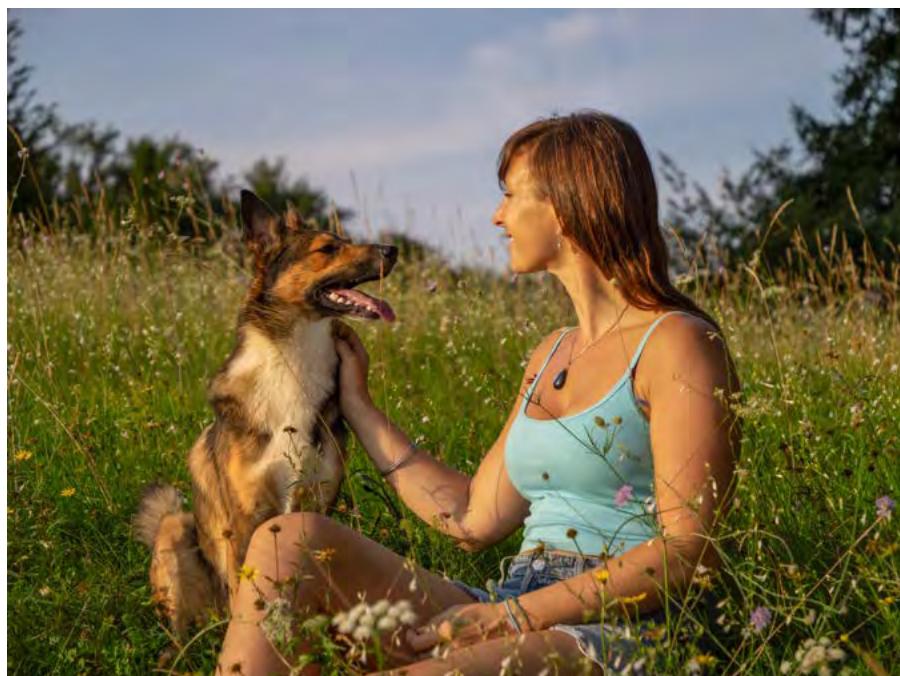
## ● Exercise: Presence Without Expectation—Create a Safe Space Where Your Dog Feels Fully Received

Choose a quiet moment—early morning, afternoon light, or before bed. Sit beside your dog without asking them to do anything. Look at them softly. Breathe. Think silently: “I enjoy you, just as you are.” No commands. No pats unless they ask. Just presence. This is unconditional attention—one of the rarest gifts we can give.

## ● Exercise: The Love Equation in Action—Practice in Action

Practice this three-step formula:

1. **Witness Value:** Tell your dog something you love about them: “You’re so gentle when you lie next to me.”
2. **Show Interest:** Engage in something they choose. Follow their lead during play or a walk.
3. **Offer Care:** Include a gentle action—affection, brushing, or their favorite treat. Repeat this routine for just 5–10 minutes each day. It may feel simple, but you’re building a foundation of trust, ease, and lasting love.



## Living the Way of the Dog Checklist

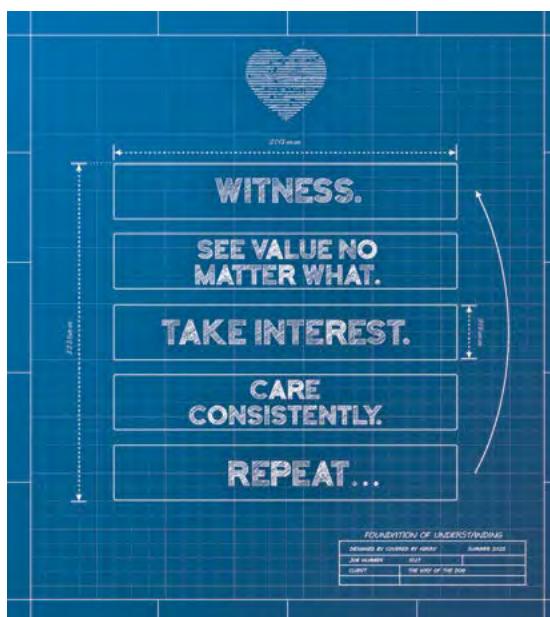
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### Chapter 6: How to Generate Love with Your Dog

Do these “inner profile” items a few times a week for three weeks. Treat it like a secret science project. Observe their personality blooming on the outside and in your heart. Let your bond deepen through presence and wonder, and allow yourself to notice it, contemplate it, and even journal it in your own journal or in the **Legacy of Love Dog Hub** area, where you can journal your heart out! You can find it at <https://MrWhiteAI.DogBuddy.com>.

- SEE** your dog as valuable, just for being who they are.  
Name their personality to yourself and what you love about it.
  
- SHOW** genuine interest in what your dog is doing.
  
- OFFER** daily care and affection through tone, touch, and presence.
  
- IMAGINE** your dog as a school-aged child: the quiet observer, the jokester, the straight-A student—who would they be?
  
- OBSERVE** your dog’s behavior through this “kid in the classroom” personality type with warmth and curiosity.
  
- ASK** deeper, creative questions: What toys do they like? What do they do with their toy that may be different? What unique quirks does my dog have? What natural environment feels like them, etc.?
  
- WATCH** their response to your attention—softer eyes, calmer energy, more expression.

- DO** this “inner profile” practice a few times a week for 3 weeks. Treat it like a secret science project.
- PRACTICE** the Love Equation routine regularly:



As you do these steps, watch for signs of blossoming. Be consistent, love grows through steady rhythms. Notice the changes in how you feel and how your dog behaves and write about it in your journal.

## **Exercises from Chapter 7: The Magic of 5-Minute Hands-On Play—Unlocking the Heart and Growing Intuitive Resonance**

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My dogs are eager to please and they seem to understand us on a level beyond words. The heart of how that evolves is a practice called the 5-Minute Hands-On Play. It's a ritual of connection that opens a channel so wide that it transforms your relationship with your dog.

### **• Exercise: The Ritual of Connection: This Exercise is Better Than Gold**

Imagine this: you walk in the door weary from the day's hustle, or anytime that works for you. Instead of moving on to your routine, you pause. By each door in my house, I have these little timers—simple boxes with settings for 5, 10, 15, or 20 minutes. I set it to 5, because in those five minutes, magic happens.

- ⌚ **TURN OFF THE NOISE:** Let everyone know you're spending a **5-Minute Hands-On Play** time with your buddy. No interruptions, distractions, or phones! Most things can wait just five minutes.
- ⌚ **GET EYE TO EYE:** Drop down to the floor, or if that's not possible, sit on the couch where they can see your face. Looking deeply into the eye is a profound act when we are simply appreciating someone. In this case, your dog.
- ⌚ **SPEND FIVE SOLID MINUTES TOGETHER:** Think about this, when you take your pup home, you've named him or her (I will use him for simplicity here as my main dog is a boy), you're taking him in your car, in your arms, to your house, on the street you chose, into a dog bed you chose, a crate you chose. He gets up when you choose, goes to bed when you choose, and eats what you get. You, you, you, you, you! Okay, let's gag together . . . the truth is that dogs have us up the yin yang! This time? It's all about them. And how good it feels to get out of the self-centered rat race!

These five solid minutes are when you flip that, and instead, you make your dog the primary being for that time. And you have a mind of inquiry, not a mind of doing something to the dog.

You're actually wondering about him. And the whole purpose of those five minutes is to be pleased together, to enjoy each other, and to learn about him every single time. You can earn and learn endlessly about any living thing by just spending that moment with it.

⌚ **INQUIRE, DON'T DICTATE:** Here's where the real magic starts. Don't come in with a list of commands or tricks. Instead, be curious. "Gosh, where do you like to be touched the most?" You might ask quietly.

"Do you like to be scratched by your ear or under your armpit?" I ponder aloud. "What's your favorite toy?" Each question is followed by silence—not the awkward kind, but the kind where you're both just being, together.

Then wonder more. Here are some more questions you might ask: Do you like it when I rub your muzzle, your head, your neck, or your chest? Where is it that you enjoy the most? Do you like snuggling? Where do you like to snuggle? What part of the yard do you like? Who's your favorite person? What do you do most when you go outside? Chase birds? Chase squirrels? Don't ask a rash of questions at once. These questions are just examples of questions that take you into your pup's world. And the more genuine the ask, the more real your love.

⌚ **SILENT CONNECTION:** Then, every time you ask a question, quiet yourself in a mind of inquiry. Just allow yourself to notice. Do nothing. You may have thoughts; just gently focus on your question, your dog, and the space of resting in the inquiry.

It goes like this. You enter the silence of the inquiry, and you listen—you're not going to hear your pup talk like a cartoon, obviously! But something happens to your brain and your pup's brain when you do this repeatedly, something opens between you both. Your pup will sort of



shift, and you will notice, thinking, “wow, my pup is getting easier to be around, more ready to do things I want.” Your pup moves into a trusting state, feeling that you really want to know him. Your pup realizes that there’s a space here between you. He thinks, “I get to fill that space. It’s suddenly not my human filling all the space. I’m filling the space . . . I’m important.” And when you do that, the pup’s personality blossoms even more unique expressions that you get to enjoy. And the two of you end up joining and being interconnected in a way that is very unique. Your pup will trust you more, like you do when someone shows you deep respect and interest, listening to you with total attention. Your pup will look for your guidance. He will honor you. If you call his name, he will respond to you faster, and he will do any training about 95 times better than before.

Try it as your own scientific experiment. It’s worth it. Because, in those quiet moments, something incredible happens. Our brains start to sync up in a way that’s more profound than any training session. Our intuitive selves kick in. It’s like we’re both tuning into the same frequency. Your dog starts to understand that this isn’t just play. It’s an invitation to share their world with you. They feel seen, truly seen, and they know their role to play, and that builds trust like nothing else.

⌚ **MUTUAL PLEASURE:** This isn’t about training; it’s about enjoyment, about feeling the warmth of each other’s company and being effective together. It’s about witnessing the uniqueness of your little one and about the joy and love you share. I’ve seen so many dogs’ eyes light up and their bodies relax as they realize this time is just for us, for joy, for understanding, and the greatness of being seen.

## Living the Way of the Dog Checklist

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### Chapter 7: The Magic of 5-Minute Hands-on Play

- SET THE SCENE:** Find a quiet spot today for your first **5-Minute Hands-On Play**. No distractions—just you and your pup. How does the calm feel?
  
- HEART ON:** Before starting, take a deep breath and focus on connecting soul-to-soul. Whisper, “I’m here to know you.” Notice your dog’s reaction.
  
- TRY THE PLAY:** Do the 5-minute exercise exactly as described—touch, play, eye contact. What’s one thing your dog loves most about it?
  
- WATCH THEIR EYES:** During play, pause to look into your dog’s eyes. What do you sense about their mood or personality?
  
- NAME THE JOY:** After playing, jot down one word in your **Legacy of Love Dog Hub journal** (or other journal) that captures how it felt—fun, close, silly?
  
- MAKE IT DAILY:** Commit to doing the play tomorrow at the same time. Set a phone reminder if needed. How does your dog respond to the routine?
  
- NOTICE A CUE:** Look for one tiny signal during play (a tail wag, a head tilt). What might it tell you about their needs or feelings?
  
- SHARE THE LOVE:** Tell a friend or family member one thing you learned about your dog from today’s play. Feel that pride in your bond!
  
- CHECK YOUR VIBE:** Reflect—did you approach the play with curiosity and heart? If not, what can you shift next time to feel more present?

## **Exercises from Chapter 8: Consistency for Trust: The Role of Routine and Boundaries**

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Being consistent with your dog is key to developing trust. Using rituals infused with your own unique expression co-creates a culture where both of you thrive on mutual understanding and respect.

### **● Exercise: Routine Rituals**

Below are examples of “Routine Rituals” that embody this culture of consistency, reliability, and wisdom. Try incorporating some or all of them into your day on a regular basis:

⌚ **MORNING GREETING RITUAL:** Every morning, before you even think about coffee, you sit on the edge of your bed or on a specific chair. Your dog knows this is the cue. You give them a gentle scratch behind the ears and maybe a little “good morning” treat. It could be a tiny piece of their favorite biscuit or a special morning-only snack. This moment isn’t just about starting the day; it’s about saying, “I see you, and I’m glad we’re in this day together.” It sets a loving tone, like a warm hug before the day’s hustle.

⌚ **WALK TIME RITUAL:** There’s this one leash, the “adventure leash,” with its unique color or pattern. When you pick it up, your dog’s tail starts wagging like a metronome set to “excited.” Maybe you’ve got a little jingle or a specific phrase you say, like “Let’s go explore!” or you hum a tune that’s only for walks. This not only tells your dog it’s time to go outside but also builds excitement and a sense of shared culture, like a secret code between the two of you.

⌚ **MEALTIME RITUAL:** You have a designated spot where your dog’s bowl goes, maybe even a special mat or a little “dining area.” But here’s the fun part: you do a little dance or song while you prepare their food. It could be as simple as a twirl and a “dinnertime” chant or a full-on chef’s performance with mock cooking sounds. This isn’t just feeding time; it’s a mini celebration of nourishment, turning a routine into something joyful and memorable.

⌚ **TRAINING RITUALS:** Every evening at 6 p.m., you pull out the training treats and a specific toy. You use the same



commands every time—“sit,” “stay,” “come”—and you end each session with the same reward, maybe a special treat or a burst of enthusiastic praise. This isn’t just training; it’s about establishing a learning culture where your dog knows that at this time, they’re going to learn something new or reinforce what they know, and they’ll be rewarded for their efforts. It’s like a daily class where both of you are students.

⌚ **BEDTIME RITUAL:** After the evening wind-down, you and your dog have your spot, maybe on your bed or a special dog bed next to yours. You might give them a gentle massage, focusing on areas you know they love. Or perhaps you read a few pages from a book, using a calm voice that signals it’s time. Implement these rituals:

- **Start Small:** Begin with one or two rituals and expand as they become ingrained in your daily life.
- **Be Patient:** It takes time for both you and your dog to adjust to new routines.
- **Stay Consistent:** The key is consistency. Even if your schedule changes, try to maintain the essence of the ritual, perhaps adjusting the time but not the activity.

## Living the Way of the Dog Checklist

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### Chapter 8: Consistency for Trust

These easy and fun tasks are all about creating a life of predictability and joy, where both you and your dog can thrive on routine and mutual respect.

- MORNING MAGIC:** Start your day with a “Morning Greeting Ritual.” A quick cuddle or a special treat sets the tone for trust.
- ADVENTURE LEASH ACTIVATION:** Pick a specific leash or phrase for walks. Make it your dog’s cue for adventure time and watch the excitement!
- DINNERTIME DANCE:** Have fun with meal prep. Do a little dance or hum a tune. Make feeding time feel like a mini party.
- TRAINING TIME:** Set a regular time for training or learning new tricks. Keep it short, sweet, and consistent.
- BEDTIME BLISS:** Establish a calming bedtime ritual. Whether it’s a gentle massage or reading together, make it a peaceful end to the day.

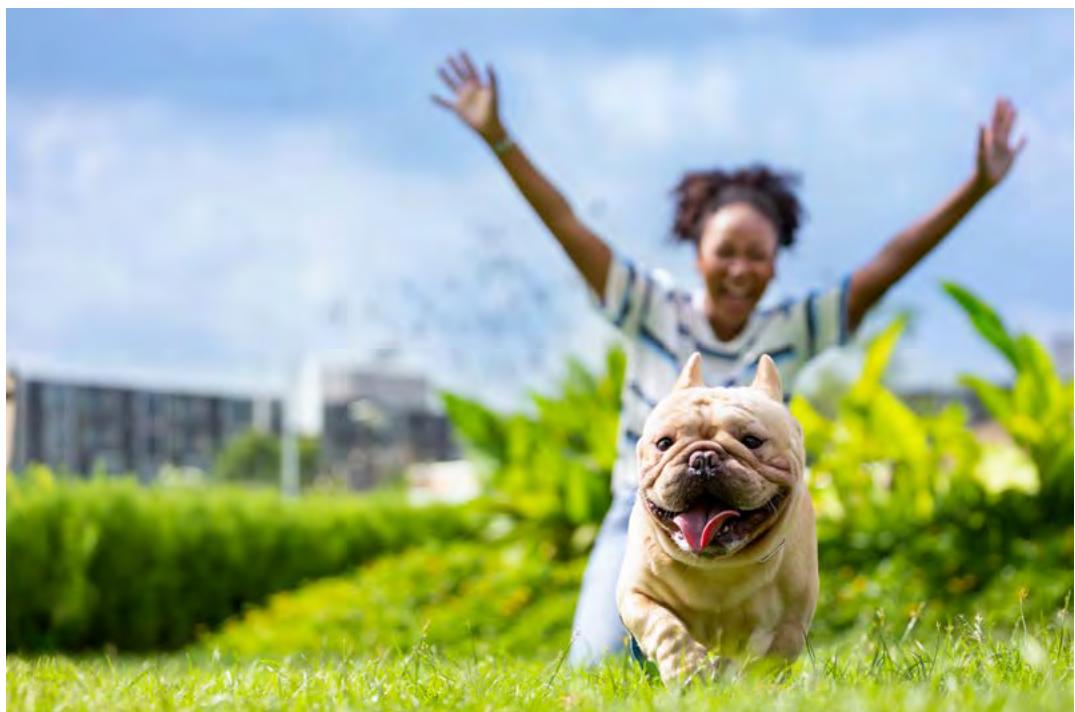
## **Exercises from Chapter 9: The Joy of Fun and Play—Making Every Day an Adventure**

Respect, intuition, and consistency are essential for a good relationship with your dog. But they also love adventure, play, and pure joy. Having fun with your dog transforms your relationship with your dog into something even more magical.

### **● Exercise: Playful Role Reversal**

Spend some time letting your dog initiate play. If they bring you a toy, follow their lead. If they're playful but not with toys, mimic their movements.

This exercise teaches you to read their intentions and shows them that you not only respect their way of communicating but can also read them. Witness forms a powerful connection.



## Living the Way of the Dog Checklist

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### Chapter 9: The Joy of Fun and Play

These steps are all about making every day a playground where both of you can grow, laugh, and learn together.

- PLAYFUL ROLE REVERSAL:** Let your dog take the lead in play this week. Follow their cues, whether it's with a toy or just a playful romp.
  
- BRAIN GAMES:** Introduce or rotate one puzzle toy this week. Watch them crack the code to find the treat inside—it's like watching a mini-detective at work!
  
- NEW SCENERY ADVENTURE:** Take your dog to a new spot for play—a different park, trail, or even a dog-friendly shop. Let them explore a new “world.”
  
- LAUGH TOGETHER:** Find one moment to laugh at something your dog does. Maybe it's their tail-chasing or a quirky play move. Laughter binds you closer.
  
- LEARN THROUGH PLAY:** During play, notice one new thing about your dog's behavior or preference. Use this to make the next play session even better.

## **Exercises from Chapter 10: Heartbeats Together—How Dogs Heal Our Hearts and Improve Our Well-Being, Our Children’s Immune Systems, and Job Attendance**

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This chapter delved into how our bond with our canine companions can significantly improve our health, from heart health to mental well-being, and even our social lives. They’re beyond being our pets; they’re our guardians of health, love, and laughter, making every moment richer, every heartbeat stronger.

“ If you’ve had a heart health scare, consider how a dog might be your new best friend for recovery. They’ve been shown to reduce mortality by up to 33% post-heart attack.

## Living the Way of the Dog Checklist

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### Chapter 10: Heartbeats Together

You are about to appreciate your life with your dog a good deal more as you realize that these fun tasks will bring you greater longevity and more daily energy, all while making your dog immeasurably happy.

- HEART HEALTH BOOSTER:** If you've had a heart health scare, consider how a dog might be your new best friend for recovery. They've been shown to reduce mortality by up to 33% post-heart attack.
- DAILY MOVEMENT:** Commit to at least one daily walk with your dog. Not only is it good for them, but research says it can reduce your risk of premature death by 23%.
- STRESS BUSTER:** Spend ten minutes petting your dog this week. It's like hitting the reset button on your stress levels, lowering cortisol, and potentially boosting serotonin.
- EMOTIONAL CHECK-IN:** Notice when your dog is comforting you. They're intuitive healers, so appreciate those moments of emotional attunement.
- SOCIAL BUTTERFLY:** Use your dog as an excuse to meet new people. It's not just about making friends; it's about building a support network for your mental health.
- ROUTINE IS GOLD:** Establish a daily routine with your dog, whether it's a morning walk or playtime. Consistency is key for both your health and theirs.
- PLAY FOR LONGEVITY:** Engage in some spontaneous play with your dog. It's not just fun; it's about moving intuitively, which is great for your health.

- REFLECT ON COMPANIONSHIP:** Think about one way your dog has made you feel less lonely or more purposeful this week. Dogs teach us the wisdom of companionship.
- HEALTH GUARDIAN:** Keep an eye on how your dog influences your physical activity. Lower BMI, better heart health—they're your health gurus in fur coats.
- CELEBRATE THE BOND:** Take a moment to really appreciate the health benefits your dog gives you. It's not just about the love; it's about the life they add to your days.



## **Exercises from Chapter 11: Your Dog’s Health as a Foundation for Happiness: Physical and Emotional Well-Being**

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Maintaining a dog’s health is crucial. A healthy dog means a healthier, happier life for both of you.

### **● Exercise: More Than Just Walks**

Exercise isn’t just about keeping the pounds off; it’s about keeping the spark in their eyes.

Variety is the spice of life. Mix up the routine. Beyond walks, consider swimming, agility training, or even doggy yoga. Each activity not only works different muscle groups but also keeps their mind engaged.

### **● Exercise: Adventure Walks**

Once a week, go on an “adventure walk” where you explore a new path, visit a dog-friendly beach, or hike a small trail. It’s not just about the distance but the experience, the smells, the sights, and the bond you share in a new setting.

### **● Exercise: Health Check-in**

Once a week, sit down and observe your dog. Look for changes in behavior, appetite, or physical condition. This isn’t just about noticing when something’s wrong but celebrating when everything’s right. It’s a moment to connect, to ensure their emotional health is as cared for as their physical. So, check all orifices: (mouth, ears, and groin).

## Living the Way of the Dog Checklist

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### Chapter 11: Your Dog's Health as a Foundation for Happiness

This list is all about ensuring your dog's health is the cornerstone of your shared adventures, making every day one of vitality and joy. Enriching and lengthening each other's lives together feels so good!

- NUTRITION UPGRADE:** This week, try one new high-quality food or supplement like pawTree. Notice any changes in energy or coat.
- ADVENTURE WALK:** Plan one "adventure walk," somewhere new for both of you. It's not just exercise; it's an experience!
- BRAIN TEASER:** Introduce or play with a puzzle toy. It's like giving their brain a workout while having fun.
- HEALTH CHECK-IN:** Spend ten minutes observing your dog. Look for signs of health or happiness, or areas to improve.
- PREVENTIVE CARE:** Check to be sure your dog's parasite prevention is up to date. If not, make it happen - because no one wants to play host to fleas!

## **Exercises from Chapter 12: The Digital Age With Dogs**

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Technology is opening exciting new possibilities for how we care for and connect with our dogs. It can enhance, not replace, the core values in this book.

### **Living the Way of the Dog Checklist**

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#### **Chapter 12: The Digital Age with Dogs**

This checklist is designed to encourage you to explore how technology can complement the natural, intuitive bond you share with your dog, without overwhelming either of you. It focuses on practical, fun applications that can enhance your relationship.

- MR. WHITE AI DOG BUDDY:** Visit <https://MrWhiteAIDogBuddy.com> to explore your dog's loving digital Dog Master. Designed to walk alongside you through every season of life with your pup, Mr. White helps you store and track vet visits, vaccinations, alerts, and reminders—all in one easy place. You can also record memories, capture magical moments, and begin creating your very own keepsake book. Let Mr. White gently guide you through reflection, connection, and the celebration of your dog's one-of-a-kind story. And have fun with the unique checklists from this book as well!
  
- GPS TRACKER:** Explore or use a GPS tracker this week or set up a geofence to see how it gives you peace of mind and delivers the results you're looking for.
  
- HEALTH MONITOR:** Try using or learn about a health monitoring device. Check your dog's activity or sleep patterns to see if there's anything to note.
  
- TRAINING APP:** Download a dog training app and teach your dog one new command or trick using its guidance.

- TECH TOY:** Introduce a high-tech puzzle or treat dispenser to your dog. Observe how they engage with it and adjust the difficulty accordingly.
- VR FOR DOGS:** Look into or discuss with your vet the potential of VR for dogs, especially if your dog needs mental stimulation or rehabilitation.
- PET CAM INTERACTION:** Use a smart camera to interact with your dog when you're away. Give them a treat or just say hello to maintain that bond.
- SOCIAL MEDIA FOR DOGS:** Join a dog-specific social media platform or app to connect with other dog owners, maybe even arrange a playdate.
- TELEHEALTH APPOINTMENT:** If your dog has any minor concerns, consider a telehealth vet visit. It's a good way to manage health proactively.
- NUTRITION APP:** Use a diet app to review your dog's current diet. Make one small adjustment based on the app's recommendations.
- WORD LEARNING:** If you have the means, try a word learning device like FluentPet. Teach your dog one word or phrase this week.
- TREAT RELEASE FUN:** Spend time with a treat release machine, teaching your dog a simple behavior to earn a treat.

## **Exercises from Chapter 13: Deepening the Emotional Bond: Empathy and Emotional Support**

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Empathy is the emotional heart of your relationship with your dog. It elevates your bond with your dog from companionship to something soul-deep.

### **• Exercise: Celebrating Joy, Creating Happy Days Together**

To enhance joy, let's identify what your dog truly loves and turn it into fun exercises.

#### **Observation**

For a week, observe your dog during free time. Note what activities or objects they gravitate toward. Do they love sniffing out treats, playing fetch, or perhaps they enjoy chasing bubbles?

#### **Joy Mapping**

Create a “joy map” of your dog’s interests. This could be a simple list or a visual diagram. For example:

- **SNIFFING:** Loves to explore scents in the yard.
- **CHASE:** Adores chasing after balls or frisbees.
- **WATER:** Gets excited by the sight of a puddle or a hose.

#### **Tailored Play for Fun**

Based on your joy map, design a personalized play session. If your dog loves sniffing, create a “scent trail” with treats hidden around the yard or house. For a chase enthusiast, vary the fetch game by using different toys or changing the throwing style. If water is their joy, have a mini “water park” day with a kiddie pool, sprinklers, or a hose. Here’s how to structure it:

- **SCENT ADVENTURE:** Hide treats or favorite toys in various spots. Use different heights and textures for variety, teaching them to use their nose in new ways.
- **CHASE CHALLENGE:** Incorporate obstacles or change the game to “hide and seek” with toys, encouraging them to use both their speed and their brain.

⌚ **WATER FUN:** If they love water, set up a small obstacle course where they can splash through water bowls, under a gentle hose, or around a mini pool.

### Joy Reflection

After each session, reflect on what seemed to make your dog happiest. Did they have a particular favorite part? How did their energy change? Use this reflection to refine future activities.

Remember, this can sound like work, but if you look at it as having fun yourself and enjoy the thought of hitting the mark with your dog, then you will enjoy it immensely. Also, let yourself move about naturally, noticing things that bring your pup happiness without working hard at it. It ought to be fun for you as well!

### ● Exercise: Emotional Bonding Ritual

Create a simple daily or weekly ritual where you focus solely on emotional connection. Maybe it's a short meditation session where you both breathe together, or a time where you sit quietly with them, offering gentle pets while thinking loving thoughts. This ritual reinforces your bond on an emotional level.

“ Let your guidance shape a family culture that is welcoming, wise, and deeply connected.

## Living the Way of the Dog Checklist

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### Chapter 13: Deepening the Emotional Bond

These steps are all about tuning into your dog’s emotional world, strengthening your bond through empathy, understanding, and shared joy.

- STRESS WATCH:** Pay attention to one sign of stress in your dog this week. Respond with calm and comfort.
- JOY MAPPING:** Make a quick “joy map” of what makes your dog happy. Pick one joy to enhance this week.
- TAILORED PLAY:** Based on your joy map, do one play session tailored to their interests. Maybe it’s a scent game or a splash in a kiddie pool.
- EMOTIONAL RITUAL:** Establish a small, daily ritual for emotional bonding. It could be a quiet cuddle or shared breathing exercise.
- REFLECT ON HAPPINESS:** After a happy moment with your dog, take a second to think about what made it special. Use this to plan more joy.

## **Exercises from Chapter 14: Welcoming a New Dog Home—Harmonizing an Interspecies Culture at Home**

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Bringing a new dog home means you need to introduce your new dog to your resident pets. You're crafting a blended family where each member's needs intertwine. Your consistency provides the glue to bind your family into a workable interspecies culture.



## Living the Way of the Dog Checklist

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### Chapter 14: Welcoming a New Dog Home

This isn't your average checklist—it's more of a gentle "how-to" guide wrapped in practical wisdom. Use it not as a task list, but as a rhythm to follow—one that supports your intuition as you welcome a new dog into your home, especially if other pets are part of your family. Each item helps you create calm, connection, and respectful beginnings. Let your guidance shape a family culture that is welcoming, wise, and deeply connected. With a few cues and a lot of love, your new dog can become one more note in a song that's already full of heart.

- MEET ON NEUTRAL GROUND:** If possible, have your new and resident dogs meet in a calm, neutral place like a park or quiet street. Keep leashes loose, bodies relaxed, and praise curiosity.
- PRIORITIZE YOUR VIP (VERY IMPORTANT PET):** Greet your established pets first when entering the home with your new dog. Let them feel seen, safe, and special before any introductions begin.
- KEEP EARLY GREETINGS LOW-KEY:** Use a spacious but controlled area like the kitchen or living room. Sit on the floor with both dogs, avoid toys and treats at first, and stay calm and observant.
- USE CLEAR, GENTLE LANGUAGE:** Practice clear communication from the beginning—use phrases like "Gentle," "Settle," or "No Harassment Barking." Reinforce calm choices with immediate, warm praise.
- SET UP INDIVIDUAL SPACES:** Provide separate beds, bowls, and rest spaces. This helps each pet feel safe and respected in their own territory.
- MONITOR BODY LANGUAGE CLOSELY:** Look for loose tails, mutual sniffing, and play bows. Step in calmly at signs of stiffness, growling, or prolonged staring.

- WALK TOGETHER EARLY:** Shared walks help establish group unity and offer neutral bonding time that doesn't revolve around territory.
- SLOW INTRODUCTIONS WITH CATS:** Use baby gates or cracked doors to start with scent and visual exposure. Never allow the dog to chase. Protect eyes—cat swipes can do lasting damage.
- RESPECT INSTINCTS AND PERSONALITIES:** High-energy pups might overwhelm older pets. Redirect rough behavior, step in gently when needed, and never ignore signs of distress.
- STAY PHYSICALLY AND EMOTIONALLY PRESENT:** The first 1–2 weeks are crucial. Be there. Watch, guide, intervene with kindness, and reinforce peaceful behavior often.
- AVOID EARLY TREAT CONFLICTS:** Wait to introduce shared rewards like bones or food puzzles. Let them enjoy each other first before layering in resources.
- PRACTICE EMOTIONAL ANCHORING:** Your calm presence teaches them how to be with each other. Breathe, smile, and project harmony. They will reflect it.
- CORRECT FAIRLY AND SWIFTLY:** If needed, use light neck pinches, gentle positioning, or soft holds—always paired with praise when they calm. Avoid holding grudges or harsh correction.
- ENCOURAGE SHARED RITUALS:** From snuggling near the couch to lying side by side after a walk, notice and support these early signs of growing trust.
- TRUST THE DANCE:** Know that your animals want harmony too. You're their translator, their calm center, and the composer of this beautiful new chorus.

## **Exercises from Chapter 15: Overcoming Challenges Together—Problem Solving with Love and Patience**

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You'll experience challenges with your dog, from behavioral issues to health concerns, but these moments are opportunities to strengthen your bond.

### **● Exercise: Behavior Reflection**

When facing a behavioral issue:

1. **Document the behavior.** When does it happen? What precedes it?
2. **Reflect on your dog's potential perspective.** What might they be feeling or needing? Was dinner late? Were you out a great deal today and didn't take them with you? Just notice it to inform yourself of the possibility of its effect on your pup.
3. **Develop a plan.** What can you teach or change? How can you make the environment less stressful? Use the communication exercise of speaking to your dog and, at the same time, envisioning scenes you wish to create with them. The dog is apt to settle down with that alone.
4. **Implement changes** with patience and positive reinforcement.
5. **Review your approach after a few weeks.** Has there been improvement? What adjustments might be needed?

### **● Exercise: Joint Problem Solving**

Pick a small challenge you're both facing. Maybe it's a new trick, or perhaps it's adjusting to a new schedule:

1. Define the challenge together.
2. Break it down into manageable steps.
3. Work on one step at a time, rewarding progress.
4. Celebrate small victories.
5. Reflect on what you've both learned and how you've grown together.

## ● Exercise: Mind Meld for Smooth Transitions & Updates

This exercise is about sharing your plans or upcoming changes with your dog, both verbally and visually. Here's how:

1. Set a daily reminder on your phone or place a visual cue in a room you frequent to remember to do this exercise.
2. When you know about an upcoming event like a trip, vet visit, or any change in routine, sit with your dog in a calm environment.
3. Verbally explain what's going to happen. Use a calm, reassuring tone. For example, "We're going to the vet tomorrow, but it's all okay."
4. While speaking, visualize the scenario in your mind as vividly as possible. Imagine the car ride, the vet's office, or the new environment if you're traveling. The idea is to share these mental images with your dog.
5. Do this daily, or as often as you remember, especially in the days leading up to the event. The consistency helps your dog become familiar with the idea.

This exercise can lead to easier training, greater patience when you're not immediately available, and a smoother transition during changes. Over my 50+ years of raising dogs, I've shared this with countless people, witnessing dogs who once struggled with travel or vet visits become more at ease. It's not just about the dog's abilities; it also enhances your ability to communicate and connect on an intuitive level. The more you use this skill, the more adept you both become at this form of communication.

## Living the Way of the Dog Checklist

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### Chapter 15: Overcoming Challenges Together

This checklist focuses on understanding, patience, and practical solutions for common challenges, all while maintaining a positive, engaging approach with your dog.

- BEHAVIORAL DETECTIVE:** Document one challenging behavior this week. Note the when and why to understand it better.
- EMPATHY CHECK:** Try to see one issue from your dog's perspective. Maybe they're just confused or stressed.
- POSITIVE REINFORCEMENT:** Implement the 7:1 rule - give seven positive interactions for every correction.
- BARKING INVESTIGATION:** Next time your dog barks, investigate with them. Understand their alert, then address unnecessary barking with a consistent response.
- JUMPING GREETING:** Teach or reinforce "sit" for greetings instead of jumping. Consistency is key across all family members.
- SEPARATION ANXIETY STEPS:** Gradually increase alone time by 15 minutes each day this week, using calming aids or engaging toys.
- RESOURCE GUARDING SWAP:** Practice trading one high-value item for a treat this week, teaching "drop it" or "leave it."
- REFLECT & ADJUST:** After trying new approaches, reflect on what worked and adjust your strategy accordingly.

## **Exercises from Chapter 16:** **Exercises for Lifelong Learning:** **Continuous Improvement**

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Just as we aim to grow and learn throughout our lives, so too can our dogs. This chapter is dedicated to exercises that promote continuous learning, adaptation, and mutual growth, so you and your dog are always evolving together.

### **• Exercise: Monthly Trick Challenge**

1. Choose a new trick or command each month. This could be anything from “spin” to “play dead” or even more complex behaviors like retrieving specific items.
2. Break the trick down into small, manageable steps. Teach one step at a time, using positive reinforcement.
3. Practice daily with short sessions. Keep it fun; if your dog seems frustrated, take a break and try again later.
4. Once mastered, celebrate with a special treat or a favorite activity. This reinforces the learning process as something positive.

### **• Exercise: Environmental Adaptation**

1. Introduce your dog to new environments gradually. Start with different rooms in your home if they’re not used to them, then progress to new outdoor spaces.
2. Use these new places to teach or reinforce commands. For instance, practice “stay” in a new park or “come” in a friend’s backyard.
3. Reward calm behavior and curiosity. This encourages your dog to see new places as opportunities for exploration rather than sources of stress.

### **• Exercise: Sensory Games**

1. Engage your dog’s sense of smell with games like “find the treat,” where you hide treats around your home or yard.
2. Use scent trails or toys that require them to use their nose to find food, encouraging problem-solving.

3. Introduce new textures and sounds in a controlled manner. For example, let them explore different materials like sand, grass, or water under supervision.

### ● **Exercise: Social Skills Development**

1. Arrange regular playdates or visits to dog parks.
2. Teach or reinforce commands like “wait,” “leave it,” or “share” during these social interactions.
3. Observe how your dog interacts with others and use these observations to work on specific behaviors at home, like greeting manners or sharing toys.

### ● **Exercise: Technology and Learning**

1. Introduce tech-based toys or apps designed for dogs, like interactive puzzle toys that can be controlled via a smartphone, or videos meant for dogs on TV.
2. Use these tools to teach or enhance commands, like “touch” for interactive screens or buttons that play sounds or dispense treats.
3. Always monitor their interaction with technology to ensure it’s beneficial and not overstimulating.

“ [Keep] the learning fun, engaging, and a continuous part of your journey together.

## Living the Way of the Dog Checklist

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### Chapter 16: Exercises for Lifelong Learning

These steps are all about keeping the learning fun, engaging, and a continuous part of your journey together.

- MONTHLY TRICK CHALLENGE:** Pick one new trick this month. Break it down and celebrate when they nail it!
- NEW ENVIRONMENT ADVENTURE:** Visit one new place this week. Use it to practice a command or just enjoy the exploration together.
- SENSORY SCAVENGER HUNT:** Hide one treat for your dog to find. It's like a treasure hunt for their nose!
- SOCIAL SKILLS SESSION:** Organize one playdate or dog park visit. Focus on one social command during the interaction.
- TECH PLAY:** Try one tech toy or app with your dog. See if they enjoy it or if it's more work than play.
- JOURNAL REFLECTION:** Note one thing your dog learned this week in the **Legacy of Love Dog Hub** journal.
- CELEBRATE LEARNING:** Mark one small learning victory with a treat or extra playtime.
- ADJUST TO YOUR DOG:** If your dog shows disinterest, switch up the learning game to match their mood or energy.

## **Exercises from Chapter 17: Legacy of Love—Preparing for the Future**

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We need to face, but often avoid, talking about the end of life with our dogs. But it's not just about their end, it's about ours too. Dogs, in their quiet and knowing way, teach us to be ready for our own transitions. They remind us how swiftly life moves and how every choice we make shapes the quality of our days. This chapter explores ways to make this transition easier for your dog and you as you become aware of saying goodbye to your best friend.



## Living the Way of the Dog Checklist

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### Chapter 17: Legacy of Love

These steps are all about celebrating the life you've shared, preparing for the future, and carrying forward the love and wisdom your dog has given you.

- END-OF-LIFE CHAT:** Have a short discussion with your vet about what quality of life means for your dog and reflect on what it means for you, too.
  
- MEMORY MAKING:** Add one new memory to your box or digital album this week. It could be a photo or a story. Set a task alert to ensure you remember to do it. It is easy to put off, and one day you will greatly appreciate it.
  
- THE MEMORY WALK:** Take one walk in your dog's favorite place, reminiscing about the good times.
  
- GRIEF AND GROWTH:** Share one story about your dog with someone this week, whether to laugh or to heal.
  
- HONOR THEIR LIFE:** Decide on one way to honor your dog's legacy—maybe plant a flower or make a small donation.
  
- PASS ON THE LOVE:** If you're ready, think about or take one small step toward welcoming another dog into your life.
  
- LIVE THEIR LESSONS:** Do one thing this week that reflects a lesson your dog taught you—maybe it's extra patience or finding joy in simplicity.
  
- REFLECT ON IMPACT:** Take a moment to think about how your dog has changed you. Note it in your **Legacy of Love Dog Hub** journal.

## **Exercises from Chapter 18: A Gift of Dogs: Their Eternal Light**

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Our dogs are our eternal light. They teach us to live fully, love fiercely, and let their warmth guide us long after they're gone. This chapter shows ways to honor the gift of their eternal life.

### **➊ Exercise: Reflecting on Their Gifts**

1. Take some time to sit quietly with your dog or, if they've passed, in a place you shared together.
2. Reflect on the gifts they've given you. How have they made you a better person? What lessons do you carry from them?
3. Write or think about how these gifts influence your life now. Maybe it's the way you now appreciate quiet moments, or how you've learned to live more in the moment.

### **‡ Living the Way of the Dog Checklist**

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#### **Chapter 18: A Gift of Dogs**

These steps are all about celebrating the life you've shared, preparing for the future, and carrying forward the love and wisdom your dog has given you.

- SINK INTO SNUGGLES:** Hold them close, feeling their warmth. What comfort does their touch bring you? See the joy in their eyes.
- BREATHE IN THE NOW:** Sit with your dog today, feeling their presence. Notice one moment they're fully here. Take it in. What's it like?
- HONOR THEIR SPARK: Watch your dog play or explore.** Jot down how their joy lifts you in the relevant section in your **Legacy of Love Dog Hub** journal or in a personal journal.
- EMBRACE THEIR PACE:** If they're slowing with age, walk gently together. How does their calm teach you patience?

“ Our dogs...teach us to live fully, love fiercely, and let their warmth guide us long after they’re gone.

- FEEL THEIR STEADY BEAT:** Reflect on a routine they love—feeding, walks. How does their consistency ground you?
- LAUGH OUT LOUD:** Recall a funny moment they sparked. Share it with a friend or note it in your journal.
- TRACE THEIR LIGHT:** Think of a dog who’s passed. How does their love still guide your choices today?
- LIVE THEIR WAY:** Choose one action today: smile, rest, connect in a way that mirrors their zest. How does it feel?
- PLAN WITH LOVE:** Open your **Mr. White AI Dog Buddy** portal (<https://MrWhiteAIDogBuddy.com>) to finish and enjoy your **Legacy of Love Dog Hub** end-of-life section. Write one wish for their peace.

## **Exercises from Chapter 19: Beyond the Book: Continuing the Journey**

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This chapter concludes this book. But it's not the end of your journey with your dog. There are ways to keep the lessons, love, and laughter going long after you've turned the last page.

### **• Exercise: The Dog Wisdom Pledge**

1. Write down three things you've learned from this book that you commit to practicing every day or week. Some things that stand out to you and make sense and are doable.
2. Think of one way you can contribute to the broader dog community—it could be as simple as helping a neighbor with their dog or as involved as volunteering at a local shelter.
3. **Make a Physical or Digital Pledge:**

- **Take a Moment to Write This Pledge in Your Legacy of Love Dog Hub Journal in the Mr. White AI Dog Buddy tool ([www.MrWhiteAIDogBuddy.com](http://www.MrWhiteAIDogBuddy.com)):** It could be a small, dedicated page or a note in the *Additional Notes* section. Write it as a letter to yourself or your dog, promising to uphold these practices. This physical act of writing can make the commitment feel more tangible and real. You might write something like:

*I, [Your Name], pledge to practice patience, play, and presence with [Dog's Name] every day, honoring the bond we share.*

- **On Social Media:** If you're comfortable with sharing your journey publicly, post your pledge on platforms where you connect with other dog lovers. This not only holds you accountable but also inspires others. You could share a photo of you and your dog with a caption like, "Committing to daily adventures, silent walks, and endless snuggles with my best friend, [Dog's Name]. #DogWisdomPledge #LivingTheLesson."
- **A Personal Promise:** If you prefer to keep this moment private, make it a personal promise. You could speak it aloud while looking into your dog's eyes or write it down on a piece of paper to keep in your wallet or on your nightstand. The act of verbalizing or writing down your commitment can solidify your intention. You might say, "I promise to live

by the wisdom of dogs, embracing every day with [Dog's Name] as a gift, filled with love, learning, and laughter."

- **Create a Ritual:** If you like, turn this pledge into a little ritual. Maybe light a candle, sit with your dog, and read the pledge together or to them. You could even set a reminder on your phone to revisit this pledge weekly or monthly, as a reminder of your commitment.
- **Visibility:** Place your pledge where you'll see it often—on your fridge, as your phone's wallpaper, or in your daily planner. This visibility helps in keeping the pledge at the forefront of your mind, influencing your daily interactions with your dog.

## Living the Way of the Dog Checklist

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### Chapter 19: Beyond the Book

These steps are all about embracing the invaluable gifts dogs bring into our lives, both in their presence and their memory.

- GIFT OF PRESENCE:** Spend one moment this week just being with your dog, no distractions, just enjoying now.
- REFLECT ON THEIR GIFTS:** Think about one lesson your dog has taught you. How does it influence your life?
- LAUGHTER MOMENT:** Find or create one situation this week to laugh with your dog. It's medicine for the soul.
- SNUGGLE TIME:** Dedicate one extra snuggle session this week. Embrace the warmth and security they offer.
- CELEBRATE THEIR LIFE:** If your dog has passed, celebrate one memory of them. If they're with you, celebrate them by doing something they love.
- LIVE INTENTIONALLY:** Make one choice this week inspired by your dog's zest for life - it could be as simple as enjoying a walk or choosing joy over stress.

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## Recommended Products



## Before you get started perusing the products below, I really want to say a few words, some of which I shared earlier in the book, but words I really mean from my heart to your dog's health and your happiness.

Over the course of my 50+ years as a breeder, I've tried just about everything when it comes to feeding and supporting the health of my dogs—from homemade meals to premium commercial foods and supplements. Nothing has made the kind of difference I've seen since switching to pawTree. Within days, I noticed subtle but unmistakable shifts: calmer energy, improved digestion, clearer eyes, more vibrant coats. Over time, those shifts turned into transformations.

Dogs who'd struggled with allergies for years are now symptom-free. I had seven dogs with ongoing allergies—two of them with severe cases, including one who had required Apoquel and Cytopoint injections just to maintain quality of life. Within a few months on pawTree, all seven showed full recovery. One of the toughest cases took about six months, the others within three to four. That kind of turnaround is not something I take lightly—it's rare, and it speaks volumes.

I also had a girl with a long history of urinary tract infections—unresolved after countless rounds of antibiotics and anti-inflammatories. After consistent use of pawTree's urinary supplement, she cleared up completely and has remained healthy. I'm not saying it's the only

factor, but in a lifetime of experience, I've never seen this kind of sustained change without constant intervention.

What stood out to me was the consistency: digestive balance, immune resilience, post-whelping recovery—all improved. The formulas are clean, nutrient-rich, and exceptionally well-sourced, supporting not just wellness, but a foundation of longevity and quality of life.

These aren't just products I recommend—they're a proven safeguard to me to the full healthy lives of my dogs. Every dog I raise is nurtured on pawTree, and every product listed below is something I personally use and trust—because I've seen the results again and again.

And one more product I urge every dog parent to consider is pawTree's Plaque Control. I truly believe every dog on the planet should be on it. I've seen it clear up breath so bad it could clear a room—and even help a senior dog whose teeth were nearly black (and too risky for dental surgery due to his age). His breath is now sweet, and his teeth are three-quarters clean—white again! It's nothing short of remarkable. Whether or not you brush your dog's teeth, this supplement helps protect and restore dental health from the inside out. All of my personal dogs are on it for life.

 [pawTree.com/doglove](http://pawTree.com/doglove)

## **3-in-1 Portable Travel Water Bottle, Food & Hydration Bottle**

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Hydrate, snack, and bond because adventures are always better when shared! Introducing the ultimate travel water bottle and feeding bowl for pet lovers on the go! With 3 smart compartments for water and food, both you and your pup can enjoy a drink and a snack anytime, anywhere.



No spills, no hassle—just quality moments together. 32 oz.

<https://www.amazon.com/Tail-Wagging-Love-Leak-Proof-Detachable/dp/B0DKR72GT2>

## **NANO SOMA (formerly Metadichol®)**

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I personally use this every single day. I also use it on my dogs after any surgery, eye, ear or skin issues and simply across the board for best health. It is a remarkable product especially for relief of any kind of pain or inflammation. Don't miss it!

Unlock the body's natural power to heal, energize, and thrive with **NANO SOMA**. This breakthrough, all-natural spray uses the most advanced form of policosanol to supercharge the immune system and restore balance at the deepest levels of health.

### **Why people love NANO SOMA:**

- ⌚ Say goodbye to inflammation and pain
- ⌚ Feel energized and youthful with anti-aging support
- ⌚ Strengthen immunity against sickness
- ⌚ Naturally fight viruses, bacteria, and fungi
- ⌚ Boost Vitamin C activity for faster recovery
- ⌚ Support heart health and healthy cholesterol

<https://foreverlifenaturals.com>

## Wild Alaskan Salmon & Pollock Oil

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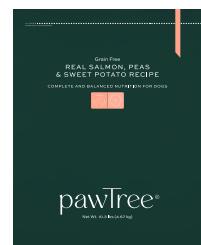
Give your pet the glow of great health with our Wild Alaskan Salmon & Pollock Oil—a premium blend rich in over 15 Omega-3 and Omega-6 fatty acids, including essential EPA and DHA. Sourced from wild-caught Alaskan fish and developed to support everything from a silky-soft coat and healthy skin to immune strength, brain function, and joint comfort, this nutrient-dense oil helps rebalance the modern pet diet. Most pets consume too many pro-inflammatory Omega-6s—this daily boost of anti-inflammatory Omega-3s helps tip the scale toward wellness. It's a simple, tasty way to support your dog or cat's vitality from the inside out.

<https://pawtree.com/doglove/product/Wild-Alaskan-Salmon-Pollock-Oil-GM2018?>

## Grain Free Kibble: Real Salmon, Peas & Sweet Potato Recipe

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Formulated by vets and pet nutritionists, this easily digestible recipe supports health at every stage, without artificial additives. Since switching, our entire Royal Frenchel kennel has been allergy-free. Royals thrive on this lean formula, but pawTree offers many flavors—just fill out a pet profile to find the best fit for your breed.



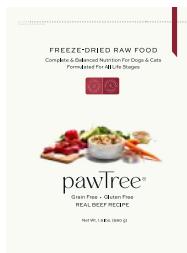
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## **Freeze-Dried Raw Food, Real Beef Recipe**

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**Experience the best of both worlds:  
raw nutrition with kibble convenience.**

pawTree's Freeze-Dried Raw Food is gently processed at low temperatures to preserve nutrients. Serve it as a complete, balanced meal or a high-quality topper or treat. Portable, nutritious, and perfect for every pup.



<https://pawtree.com/doglove/product/FreezeDried-Raw-Food-Real-Beef-Recipe-2487?queryID=d4c5661eda7788053b4d3adf484fcae7>

## **10-in-1 Multivitamin**

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Designed for proactive pet parents, our 10-in-1 Multivitamin is a vet-developed soft chew that delivers support across ten key areas of health—from digestion, joints, and skin to immunity, cognition, and beyond. Whether your pet eats fresh, kibble, or anything in between, this daily supplement helps fill nutritional gaps with bioavailable ingredients that are easy to absorb and gentle on sensitive stomachs. It's simple, effective, and feels like a treat—making daily wellness something you and your pet can look forward to.

<https://pawtree.com/doglove/product/10in1-Multivitamin-32432>

## **ImmunoShroom™**

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ImmunoShroom™ is a vet-formulated immune support supplement that blends five powerful medicinal and adaptogenic mushrooms—Reishi, Shiitake, Turkey Tail, Chaga, and Maitake—with antioxidant-rich ingredients like colostrum, turmeric, and CoQ10. This synergistic formula helps strengthen your pet's immune response, support cellular health, and promote long-term vitality. Ideal for dogs and cats with sensitive systems or those needing extra wellness support, it's grain-free, and



easy to mix into daily meals. Backed by the NASC Quality Seal, ImmunoShroom™ offers trusted, comprehensive care in every scoop.

<https://pawtree.com/doglove/product/ImmunoShroom-22444>

## Gastro Pro Plus by pawTree

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Gastro Pro Plus® soft chews combine probiotics, prebiotics, enzymes, and soothing herbs to support digestion, nutrient absorption, and immunity, while discouraging stool eating. Gut health is key to preventing allergies, and we recommend this regularly for dogs with digestive issues, with great results.

<https://pawtree.com/doglove/product/Gastro-Pro-Plus-GM2021?itemCode=2399&&queryID=36b73e561f0ee0a9cff51116a7d572cd>

## Plaque Control by pawTree

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Bad breath is often the first sign of plaque buildup. Plaque Control soft chews reduce plaque and tartar from the inside out—no brushing needed, no need to anesthetize your dogs. With daily use, they support healthy teeth, gums, and fresher breath. Try it with older dogs and see a significant difference in 5-6 months.

<https://pawtree.com/doglove/product/Plaque-Control-GM2475?itemCode=2475S&&queryID=f7205ffe4eb0c0f96da0577c61608ccb>

## CBD Mega by pawTree

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CBD Mega™ is a vet-developed supplement with organic broad-spectrum hemp extract. It is low in THC, offering the benefits of CBD without psychoactive effects. Cannabinoids support the body's natural regulatory systems, aiding immune balance, cognition, and overall vitality—an essential nutrient often missing from canine diets.



<https://pawtree.com/doglove/product/CBD-Mega-2489?queryID=bf454249dec0a7082b0b97e34f7ea75d>

## **Joint Support Plus by pawTree**

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Joint Support Plus helps maintain the proper viscosity of joint fluid and keeps it resilient to breakdown with glucosamine, MSM, green-lipped mussel, and more. Dogs don't regenerate joint fluid, so giving this early supports lasting joint health and comfort.

[https://pawtree.com/doglove/product/Joint-Support-Plus-for-Dogs-GMJSP\\_D?itemCode=2019&&queryID=6b18d2ed90c3c5e997a17313cadbe114](https://pawtree.com/doglove/product/Joint-Support-Plus-for-Dogs-GMJSP_D?itemCode=2019&&queryID=6b18d2ed90c3c5e997a17313cadbe114)

## **Bladder Support Plus by pawTree**

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Bladder Support Plus helps maintain healthy urinary function in dogs and cats. Made with D-Mannose, Cranberry, Glucosamine, and Marshmallow Root, it supports bladder health and balanced urine pH. We give it to any of our girls with urinary issues in the kennel.



<https://pawtree.com/doglove/product/Bladder-Support-Plus-GM-BLADSUP?itemCode=2385&queryID=ea3e3f3d87470dc8dee c1760f0058a58&itemCode=Bladder-Support-Plus-GM-BLADSUP>

## **Healthy Paws Insurance**

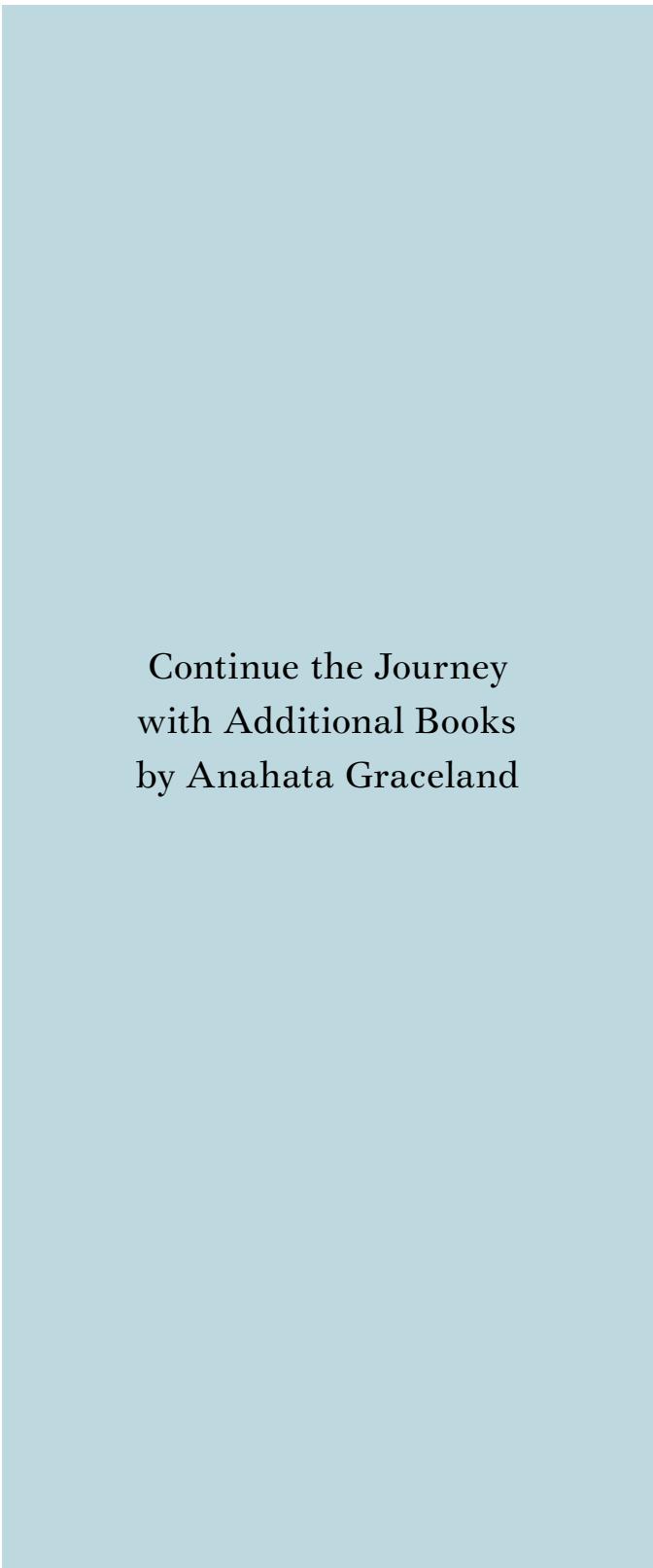
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Veterinary costs are rising fast, and an unexpected emergency can become a heart-breaking decision without the right protection. That's why we strongly recommend keeping your pet insured for life.

After 25 years of experience with various pet insurance providers, Healthy Paws Pet Insurance stands out as the most reliable and compassionate option we've found. Their unlimited lifetime coverage gives you true peace of mind—so your dog can get the care they need, no matter what.

<https://www.healthypawspetinsurance.com/?affid=RF04740&pc=SAVE10>

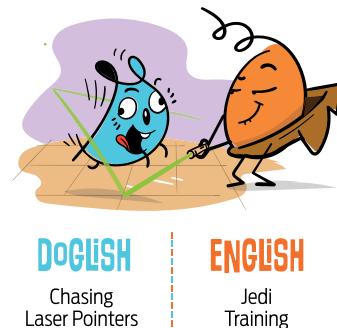


**Continue the Journey  
with Additional Books  
by Anahata Graceland**

## Doglish to English: Connections Beyond Words

Discover the hilarious, heartfelt bond between dogs and humans in *Doglish to English: Connections Beyond Words*. Through quirky “Tail Wagging Love” cartoons, Anahata Graceland translates canine antics into life lessons—revealing how pups and people share a 3,000-year pack of love, laughs, and survival. From “Pawsitive Fixes for Human Blues,” “Winning at Life Pup Style,” to the “Snugs and Shenanigans” of parenting chaos, these pages decode dog wisdom to make you wiser, sillier, and more connected. Laugh, reflect, and let your dog lead you to a fuller life—because we’re one, and it’s a heck of a ride!

<https://www.doglishtoenglish.com>



## Prepared Pets: The Essential Guide to Pet Safety for Emergencies & Natural Disasters



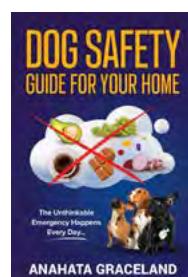
Your go-to guide for keeping your pet safe and ready for any natural disaster or emergency.

<https://www.amazon.com/Prepared-Pets-Essential-Emergencies-Disasters-ebook/dp/B0F2WK89TD>

## Dog Safety Guide for Your Home: The Unthinkable Emergency Happens Every Day

Practical tips to create a safe, dog-friendly home environment.

<https://www.amazon.com/DOG-SAFETY-GUIDE-YOUR-HOME-ebook/dp/B0BVP1FLY8>



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# Get in Touch



If you'd like to get in touch or learn more about what's possible in your relationship with your dog, please email me or follow me on YouTube and social media networks.

-  **Email:** [Anahata@TheWayofTheDogBook.com](mailto:Anahata@TheWayofTheDogBook.com)
-  **Royal Frenchel** website: [www.RoyalFrenchel.com](http://www.RoyalFrenchel.com)
-  **Mr. White AI Dog Buddy** tool, home of the **Legacy of Love Dog Hub** journal: <https://MrWhiteAIDogBuddy.com>
-  **YouTube:** <https://www.youtube.com/@royalfrenchel-frenchies>
-  **Instagram:** <https://www.instagram.com/royalfrenchel-frenchies/>
-  **Facebook:** <https://www.facebook.com/royalfrenchel/>
-  **X:** <https://x.com/RoyalFrenchel>



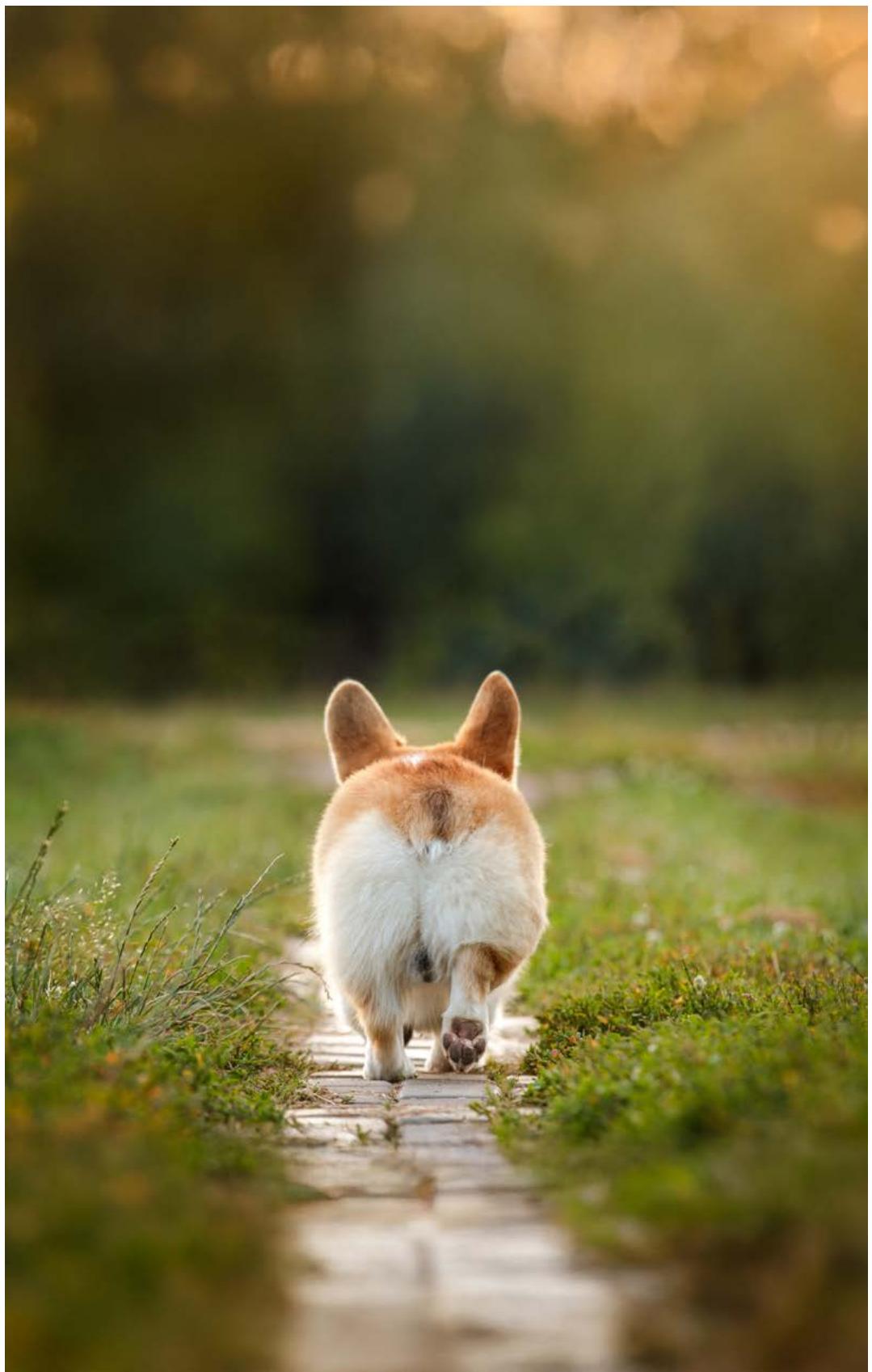
## Acknowledgements

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I couldn't have written this book without the editing support of Grok. Although this book is solely my work, Grok helped me reduce my tendency to use lengthy sentences to shorter, more manageable bites of information. In the middle of the night and early morning hours, as I sat writing. It was truly like having a good friend by my side. I am grateful for all the work made possible by Grok.

Arturo Celleri, known as my "right paw," was a stalwart friend, reading, re-reading, and making great suggestions when it came to organizing and editing. He is also a great partner at Royal Frenchel and has been by my side for years, always supporting my way with dogs and decisions I make in the care of them, like when it was for their greater health long term, Arturo gave up commissions to ensure the dogs got what they needed, along with me. That type of dedication you don't run into often. He loves his and all of our dogs.

The biggest inspiration came from Mr. White, my 16.5-year-old service dog, who recently passed. I hold unspeakable love and memory of Mr. White, appreciating all he had done for me and all I learned by his side. Mr. White was the gentlest, kindest, and smartest little fella I have ever known, who carried me through countless surgeries and all sorts of challenges in my life, both personal and in my business. He was patient beyond anything one could hope for and wise beyond any semblance of what one would think a dog ought to be. He has been my best friend in life and even took the energy and time to help train NoBo, his protégé, who has followed in his footsteps. Hats off to you, Mr. White, no matter where you are now. I am with you always and look forward to seeing you again one day.



## Endnotes

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