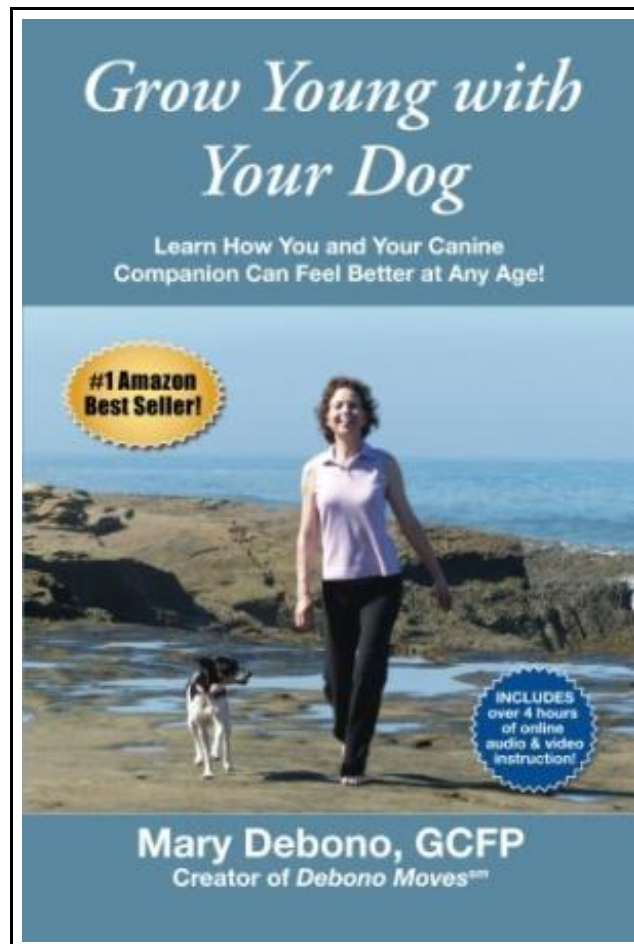


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(Dr. Daphnee Homenick II)

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Ruby Red Press, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Winner of the 2015 San Diego Book Awards in the Health and Medicine category and silver medalist in the 2015 Living Now National Book Awards, *Grow Young with Your Dog* teaches you how to help yourself and your dog feel better and move more joyfully. In this book I describe how I have helped dogs heal completely from injuries and surgeries, move well despite arthritis and hip dysplasia, recover from a paralyzing stroke and run and play again after being classified as too old to recover. The pioneering system that I created to help these dogs is called Debono Moves. This gentle approach combines the science of neuroplasticity, the ability of the brain to overcome injury or disease by forming new neural pathways, with the healing power of love. This potent synergy helps us achieve higher levels of functioning, connection and awareness with our animal companions. *Grow Young with Your Dog* will teach you how to use gentle contact and supportive movements to: Reduce stress and anxiety Minimize the risk of injury Comfort the aging and infirm Improve athletic performance Enhance vitality and well-being Facilitate healing after injury, surgery or illness Cultivate a deep bond between human and canine Lessen the effects of arthritis, hip dysplasia and aging One of the unique characteristics of Debono Moves is that it is designed to help you improve right along with your dog. That's why this book is accompanied by audio recordings of easy-to-do exercises that can help rid you of stiffness, stress, aches and poor posture, while gaining flexibility, better balance and improved coordination. In short, you'll feel younger. I think of this program as investing...



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