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How To Meditate With Your Dog: An Introduction To Meditation For Dog Lovers



Synopsis

In the past decade, the thousands-year-old practice of meditation has charged into the Western mainstream. Everyone from rock stars to medical professionals rave about meditation and its health promoting benefits. The biggest question people have is, "How do I start?" Forty-five million Americans already have a built-in meditation guru just panting to teach them: their dogs. In *How to Meditate with Your Dog: An Introduction to Meditation for Dog Lovers*, James Jacobson and his dog, Maui, show dog lovers everywhere the meditation technique that Jacobson has used and taught for over a decade. This simple method works for dog of all sizes and temperaments - or even without a dog. It relieves stress and enhances well-being, improves focus, and cultivates compassion, all while deepening the connection between pack leaders and their pooches. *How to Meditate with Your Dog* is the first in a series that presents a non-dogmatic approach to meditation that makes it accessible to anyone. If you ever wondered, "Can I do anything to make me and my dog healthier and happier?" this audiobook's for you. The audiobook includes bonus meditation tracks so you can start your own meditation practice right away. Beautiful music, composed just for this book by the recording artist Niko scores three separate meditation tracks. The first track is 10 minutes long and features narration to help you establish your practice. The second track is 20 minutes long, with narration. When your practice is established, you can use the third, narration-free track to deepen your meditations.

Book Information

Audible Audio Edition

Listening Length: 3 hours and 3 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Maui Media, LLC

Audible.com Release Date: September 6, 2012

Whispersync for Voice: Ready

Language: English

ASIN: B009AGANWK

Best Sellers Rank: #319 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home >

Animal Care & Pets #6661 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

#6925 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

I adored this sweet and light hearted book about a man and his dog. I already meditate and thought this was a creative way to share my morning meditation with my furry friends. I enjoyed the way the author loves his little dog Maui, and I fell in love with Maui as I continued reading. I just wanted to reach inside the book and snuggle up with the sweet little dog. It embraces what all of us humans desire, that unconditional love that only a dog can share with us!!! I was fascinated with the concept of sharing my mediation with my animals, and have tried it! It works! Great read for any animal lover!!

I read this book after moving in with two pit bulls who, frankly, scare me, and I learned so many great techniques on how to calm them and myself. We've had a lot of nice bonding moments since then, and I realized how much my attitude was affecting our relationship. This book has a beautiful rhythm to it, and I felt relaxed even after reading it. I recommend it to anyone.

I am one of those people who nod sagely when friends talk about their meditating habits, pretending that I know what they're talking about. I've always wondered "How do you start meditating?" This little book with the fun title, caught my eye because it is about meditation, but it is also about dogs- in particular, little fluffy Maui, the author's tiny Maltese. Being a dog lover, it intrigued me. I started reading and lo and behold, I found that the questions I've had about how to start meditating are being answered. Not only is this a quirky outlook on meditation because the author's relationship with his dog is so lovingly described, but it is a very practical guide to meditation, with or without a warm furry body curled up beside you (or on your lap, as is the case with the author). Anyone who owns a dog, or has owned a dog, will also appreciate the descriptions of doggydom proffered by the author, who really seems to see things from little Maui's point of view. At the beginning of each short chapter there is also a wonderful quote from famous dog lovers throughout history and the book is sprinkled with very funny cartoons. This book is a mix of simple meditation advice and instruction, affirmation of the rewards of dog companionship and the silliness of cartoons and quotable quotes. One last thing- although I haven't had a dog in over ten years, this book made me remember a day I woke from a nap on the couch with my Cairn terrier Timmy's head tucked up under my chin. I lay very still for several minutes and savored the warmth and peace I was feeling. I remember thinking to myself "This is the most perfect moment in my life." Little did I know I was meditating with my dog!

I saw HOW TO MEDITATE WITH YOUR DOG on one of Jay Leno's late night segments, and also read a great review about it recently in The Globe and Mail. I, too, thoroughly enjoyed it. It was

warm and lighthearted; the perfect book for anyone who truly wants to deepen and enrich their relationship with their pet.

Since I adore dogs and never was without one, I started reading "How to meditate with your Dog" eagerly. The whole concept of meditating with my greyhound Lilly interested me. On a rainy day, right off in the morning we got started. Lilly really enjoyed having me so close to her. Meditation set the tone for the day. Without problems she even took her medication, and I was not stressed out over it (as she refused to take it on other mornings). I used the techniques James Jacobson talks about, and I will continue to do so. This enjoyable little book definitely can have a huge impact on you and your relationship with your best friend. Martha Boeker

A great book on several levels: as a fun, light bedtime read, as a thought provoking look at life and a life guide. AND I found the downloadable meditation CD more than worth the price of the book, so the combination is a great deal.

This is a great book! As a pet healer, I deal with the mental/spiritual aspects of health and their link to well-being and recovery. Very little attention has been given to this area in the veterinary world. I just love Mr. Jacobson's emphasis on the mutual benefit of meditation for dogs and their people. If you want to enrich your relationship with your pet and improve the health of both of you, read this book. Demian Dressler, DVM

After reading this book and practicing meditation with my dog, I felt a significant uplift in mood and sense of well-being. I have meditated alone before and enjoyed these positive results before, but this time they are much stronger. Having a dog present during meditation has doubled the benefits for me. I am so grateful James wrote a book that guided me to meditate with my dog. My dog seems happier as well. Every dog owner and beginner to meditation should read this book and give it a try! It's a great idea. - Nancy N. Friends of Animal Care and Control, NYC

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