



Healing Companions: Ordinary Dogs and Their Extraordinary Power to Transform Lives

Jane Miller

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"Animals are more complete than people. They are wonderful teachers, therapists and role models for us all. Read *Healing Companions* and learn about their ability to guide and heal us all."--Bernie Siegel, MD, author of *Smudge Bunny* As the more than 65 million dog owners in America will attest, there's something about the presence of a dog that inspires confidence, nurtures emotional well-being, and brings out the best in ourselves. But for some people, the presence of a dog can do even more. Written by the leading expert in an emerging new field of therapy, *Healing Companions* is the first book to detail how dogs are increasingly benefiting those who suffer from a range of emotional ills, from eating disorders and anxiety to agoraphobia, depression, and post-traumatic stress. *Healing Companions* will teach you: * What criteria to consider when choosing the right dog for you. * What kind of training service dogs require. * What to expect and how to respond when you take a service dog out in public. * How a dog can compliment other forms of therapy. * How to navigate the procedural regulations that apply to a service dog. * How to recognize the dog's needs and provide it with proper care. * And much more.

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