



How to Meditate with Your Dog: An Introduction to Meditation for Dog Lovers

James Jacobson, Kristine Chandler Madera

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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 book's for you.

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