

TITLE: ACT – Awareness Centered Training

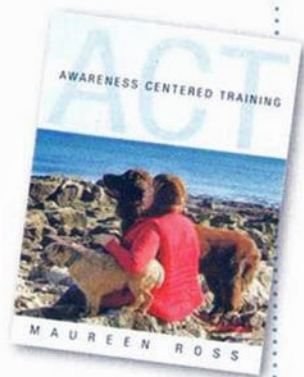
AUTHOR: Maureen Ross, MA, CPDT-KA

Training your dog doesn't need to be a chore. In *ACT – Awareness Centered Training*, certified professional dog trainer Maureen Ross takes a fresh approach to positive training by making it fun as well as instructive.

Ross's protocol involves joyfully and easily training dogs without fear of right or wrong, while mindfully shaping natural behaviors with socialization and manners – and how to let go of what doesn't matter by “going with the flow”. You'll learn how to quickly integrate daily training into your routine by playing something called Doggy Diner, and connect with your dog using body language, breathing and even smiling. Reduce sensory overload with moments of peace and stillness and find out how to creatively balance energy while enhancing well being.

You'll get as much out of this book as your dog does!

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