



Your Dog and You: Understanding the Canine Psyche

By Gill Garratt, Tom Walters

Veloce Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Your Dog and You: Understanding the Canine Psyche, Gill Garratt, Tom Walters, Your dog and you .understanding the canine psyche examines the relationship between people and dogs from a psychological perspective, incorporating Cognitive Behavioural Therapy (CBT) to facilitate this: uniquely, the first time that CBT has been used to help owners relate to their dogs. A dog's behaviour can be a reflection of the emotions an owner may be experiencing; it follows that insight into our behaviour using CBT to reduce emotional unrest will, in turn, be reflected in a dog's behaviour. Dogs have had to become experts at reading people in order to live with us. By understanding our dog and how he responds to us, we can comprehend more about our world and how our dog sees us. Dogs are naturally expert psychologists, and have, over centuries, been bred and domesticated to live harmoniously with us. That they have - in the main - achieved this so well reflects this amazing animal's ingenuity.



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