



# Awareness Centered Training ACT

By  
Maureen Ross, MA

**Simply Amazing!**  
**Living and Learning with Dogs ...**  
**Enjoy the journey!**

Available from major booksellers  
worldwide in e-book, s/c and h/c.



## Awareness Centered Training—ACT

By

Maureen Ross, MA

**Balance, Relationship, Education, Well-Being**  
***A BREW for happy, healthy, confident dogs!***

Training our dogs is as easy as ABC, 123—breathing, eating, playing, smiling, and choosing what works best (approaches, toys, equipment, nutrition and well-being).

### ACT gives us permission to:

- Joyfully and easily teach (JET) our dogs without fear of right or wrong,
- Mindfully shape natural behaviors with socialization and manners (SAM),
- Quickly integrate training for a few minutes each day playing Doggy Diner and Mine, Yours, Ours,
- Connect / teach using body language and effective skills that you can apply anywhere,
- Empower yourself (and dog) with empathy and nonjudgmental respect while learning,
- Creatively balance energy while having fun,
- Let go of what doesn't matter and go with the flow),
- Reduce sensory overload with “ah-ha” moments of peace, breathing and relaxing with our dogs,
- Change life for the better with dogs as translators for learning and healing (pet assisted therapy),
- Taking in a deep nose-to-navel breath—Ah-ha,

While you train with awareness, unhealthy patterns and behaviors begin to vanish. This is not because of a book, social media, or life doing something to you. It is because

