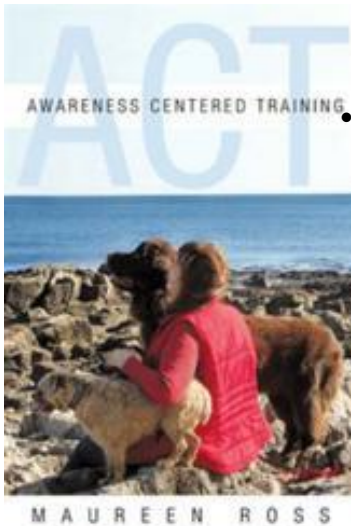


New Educational Dog Book Brings Peace of Mind



'Awareness Centered Training – ACT' helps dog parents bring a new level of care to their much loved companions



“An educational book about essential training, socialization and manners, “Awareness Centered Training – ACT” lets readers achieve a new level of awareness about their dog.”

Pelham, NH (PRWEB) October 11, 2012

“Awareness Centered Training - ACT” (published by Balboa Press, a division of Hay House, Inc.) blends author [Maureen Ross](#)'s passion for coaching dogs and their families with years of experience. ACT offers a complete guide for raising a healthy, happy and confident dog, with joyful easy training that can be integrated in daily living and learning with dogs.

An [educational book](#) about essential training, socialization, manners and energy balance, “Awareness Centered Training – ACT” lets readers achieve a new level of understanding about their dog – and themselves! Ross brings insights with choices in nutrition and overall well-being like how the actions of dogs are reflective to a deeper understanding - with an A-Z history of learning paradigms and behavior shaping, colored with a light-hearted humor – and a discreet sharing of personal stories. Pictures showcase explanations on balancing energy, breathing, relaxing and having fun with dogs.

An excerpt from “Awareness Centered Training – ACT”：“Blinking, averting eyes, turning away is a dog trying to avoid perceived conflict. If you are angry and they turn away, the message is, “I get it and I am trying to avoid a conflict. You’ve made your point.”

Ross believes that with the clarity and tools that readers acquire in “Awareness Centered Training – ACT”, most behavior challenge can be prevented. “I invite readers to embrace dogs as catalysts who can help change our lives,” says Ross. “Our dog’s behaviors and life transitions are learning opportunities. In today’s zoom-zoom world, we need to take a deep nose-to-navel breath, calm the chaos, clear the clutter and be still (brain yoga) for a few renewing minutes each day.” She also shares “dogs live in the moment. Intuitively (us) and instinctively (dogs) we can learn from each other. These skills (body language, communication, listening, observing) can be used in other areas of our lives. ACT isn’t just about teaching our dogs. It is about what they can teach us!”

About the Author

[Maureen Ross](#), MA is the founder of Dog Talk Training and Wellness Sanctuary, LLC, New England Pet Partners, Inc and Daily Doga Inspirations. Ross is a board certified counselor, certified professional dog trainer/behavior coach and registered yoga teacher. She is a member of the Association of Pet Dog Trainers (APDT), International Association of Animal Behavior Consultants (IAABC), Animals and Society, Pet Partners and Reading Education Assistance Dogs.

She lives with her husband Gary, enjoying the journey with their dogs, cats and parrots in N.H. Ross has published articles and books on dog/human relationships and pet assisted therapy. She invites readers to her websites: <http://www.dogtalk.com>, <http://www.newenglandpetpartners.org> or <http://www.dailydoga.com>.



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