



Animals Make You Feel Better

John G. Sutton

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Does swimming with dolphins, stroking a dog's coat, saving a stray cat or riding a horse make us feel better? Do animals intentionally help us to feel better? Animal owners and pet lovers have always had their own answers to these questions. Author John Sutton presents heartwarming real life stories of people and their pets, as well as encounters with animals in the wild. In each instance, animals could be credited with impacting in a very positive, even lifesaving, manner the lives of the people around them. He concludes each of these segments with a possible scientific explanation for the animals' behaviors.

Following each of these is a brief multiple choice quiz for the reader to take, probing into the reader's own interpretation of the animals' action. A final discussion is given at the end of the book analyzing the reader's answers.

A direct writing style and colorful, descriptive language will appeal to readers 10 years and older who love animals and/or who are curious about the behavior of the animals around them. The black-and-white drawings add to the appeal of the book.

DAWN FARLEY (May / June 1998)

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