



Dog As My Doctor, Cat as My Nurse: An Animal Lover's Guide to a Healthy, Happy, and Extraordinary Life

Carlyn Montes De Oca

She Writes Press (Apr 18, 2017)

Softcover \$16.95 (245pp)

978-1-63152-186-7

Friendly, informative, and backed by both professional and personal insight, this book truly captures the benefit of animals in our daily lives.

In the heartwarming and engaging *Dog As My Doctor, Cat As My Nurse*, animal-human health and wellness expert Carlyn Montes De Oca explains how our relationships with our furry companions can point us in the direction of optimal health.

After a painful divorce and lengthy film editing career, Montes De Oca needed a change. Armed with a master's degree in traditional Chinese medicine, she embarked on a venture to open an acupuncture and nutritional counseling practice.

The inspiration for this book came about in the form of Montes De Oca's own rescue "six-pack"—four dogs and two cats who helped her through tough times and brought enrichment into her life. It also came from the stories she heard from patients that made her realize just how much animals positively impact their human guardians.

Presented in a clear format, the book is divided into three sections: Healthy Body, Happy Mind, and Extraordinary Spirit. From making better nutritional choices and experiencing more restful sleep to moving beyond our comfort zone, becoming more mindful, and coping with loss, the narrative explores the unique ways that cats and dogs encourage and inform our happier and healthier lives.

Inspiring and moving stories are shared throughout, including Montes De Oca's own personal experiences. From a mother who grieves the loss of her son but finds solace in the connective personality of his large, exuberant pit bull, to a Chow Chow that helps an elderly woman regain her mobility, to prison inmates whose spirits are transformed as they learn to train and socialize rescue dogs, each provides an important lesson about the bonds of human-animal relationships. Thought-provoking commentary shines a bright light on the knowledge and insight gained from time spent with our compassionate and forgiving four-footed friends.

Written in a casual and friendly style, the book invites an interactive experience, as readers are encouraged to visit a website to view a smile-inducing photo gallery and a blog that welcomes further dialogue. Chapters are playfully introduced with simple black-and-white drawings that add a whimsical touch to the conversational narrative. Humorous sketches render furry friends in their supportive roles as superheroes, fitness instructors, and spiritual gurus.

Thought-provoking quotes showcase the special qualities of dogs and cats. With sources as varied as authors, celebrities, animal activists, and artists, the connection between people and animals clearly crosses wide boundaries. In the words of renowned animal behaviorist Jane Goodall, "That is how we come to discover our humanity."

Friendly, informative, well researched, and backed by both professional and personal insight, this book truly captures the benefit of animals in our daily lives. Beyond the expectations of purrs and licks, Montes De Oca proves that the real value of the human-animal bond is priceless.

CAROL DAVALA (December 13, 2017)

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