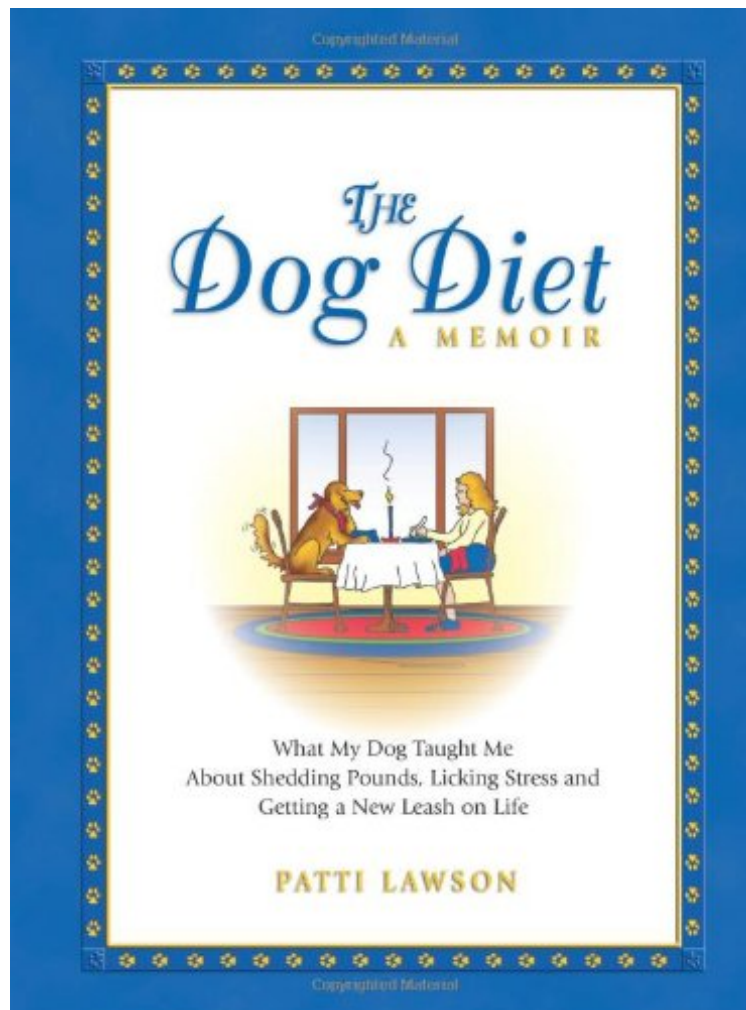


(Mobile pdf) The Dog Diet, A Memoir: What My Dog Taught Me About Shedding Pounds, Licking Stress and Getting a New Leash on Life

The Dog Diet, A Memoir: What My Dog Taught Me About Shedding Pounds, Licking Stress and Getting a New Leash on Life

Patti Lawson

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Patti Lawson : The Dog Diet, A Memoir: What My Dog Taught Me About Shedding Pounds, Licking Stress and Getting a New Leash on Life before purchasing it in order to gage whether or not it would be worth my time, and all praised The Dog Diet, A Memoir: What My Dog Taught Me About Shedding Pounds, Licking Stress and Getting a New Leash on Life:

2 of 2 people found the following review helpful. Loved this book !By Suzanne N. LowePatti Lawson examines her own life with honesty and gives the readers an insightful view of her metamorphosis from stress and unhappiness to the joy of living through the loving and caring for her beloved dog, Sadie. In so many ways I identified with the

emptiness an accomplished life cannot fill and the error in thinking that food can. Patti found the answers to regaining her health and inner peace and shares with us a sustainable path to a healthier life, physically and emotionally. She gives us a positive uncomplicated approach to caring for ourselves in good times and bad, simple, tasteful and healthy options to our toxic eating patterns and a warm and humorous story of how a small dog caused so much disorder she adapted to survive and found herself thriving. Any dog lover will appreciate her story and commitment but the life lessons and suggestions are for us all and I highly recommend it. This is also a book I'm giving as gifts to those "hard to buy for" and no one has been disappointed. 1 of 3 people found the following review helpful. A doggone pleasure
By coachwriter
Funny thing about losing weight. Different things work for different people. I love this book because it is based on Patti's personal journey. She doesn't shower us with tons of statistics or attempt to terrify us into healthier behaviors by scattering words like triglycerides and adipose tissue through the book. Instead, she takes her own experience and shows what can happen when we stop listening to "experts" and listen to ourselves. What worked for Patti may not work for all of us, but her methods are practical, easy to accomplish and best of all, for the most part, absolutely free! (OK, Sadie did have a heart problem requiring visits to a distant vet, but one or two of the most important lessons Patti learned from the dog happened on those trips.) Patti doesn't approach dieting like brain surgery or for that matter, lawyering. While most books about the subject are ponderously serious, "The Dog Diet," is light hearted. And yet, there are some profound messages here, ones bear repeating even if we've heard them many times before. I loved how Patti sees a lesson in every bit of Sadie's behavior from stretching and greeting the morning hungrily to not using food as an emotional crutch. "If I'm in a hurry and don't have time to give her (Sadie) as much attention as I should, she doesn't run to her food dish and eat everything in a hurry." Bravo to Patti Lawson for seeing what she saw, for making what she did out of her relationship with Sadie and most importantly, for sharing it with the rest of us. 0 of 0 people found the following review helpful. Five Stars
By Betty L. Lilly
This is a wonderful book. I've bought several of them for my friends and family.

Boy does Ms. Lawson know dogs! Fantastic book for dog lovers and anyone who wants to stay in shape and lighten up their lives to boot! --Richard Simmons
We live in a diet-obsessed age, when we lose five pounds just to gain ten, delude ourselves that the next exercise contraption we buy from that midnight infomercial will finally take that extra inch off our thighs, and become convinced that the latest diet fad of beet soup and goat's milk will help us look good in a bikini. But now you can forget the Zone, Atkins and South Beach! It turns out that the ultimate weight-loss plan is owning a dog: Man (and woman's) best friend is the fail proof personal trainer-dietician-nutritionist you've been looking for you all your life. That's just what Patti Lawson found in her dog, Sadie. A diet-obsessed, single lawyer, Patti spent the winter indulging in multiple brands of chocolate while mourning the demise of her latest relationship. Spring found her pudgy and pitiful, when Fate - and a fortuitous trip to PetSmart - brought rascally puppy Sadie into Patti's petless, pristine, if a bit sterile, life. Since that day life hasn't been the same for Patti or Sadie. A life that began together with 3:00 a.m. walks through the park, incessant barking and stolen moments of trying to eat just a crumb of breakfast without puppy-interference soon morphed into a partnership of exercise and healthy eating with the added bonus that Sadie taught Patti a thing or two about letting go and stopping to smell the roses. A memoir-cum-diet, The Dog Diet takes a tongue-in-cheek look at our obsession with weight loss and will have you laughing out loud as you recognize your own dysfunctional relationship with food. In the process you'll learn a simple and natural method for shedding unwanted pounds without the usual stress and disappointments that go along with typical dieting regimens.