

For Immediate Release

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Dog Power!

Canine Companions Help Heal Emotional Illnesses, Depression and Stress

“Healing Companions is a testimony to the transformative benefits of the human animal bond for our wounded minds and hearts. This book offers us a practical, heartwarming, intelligent, hopeful window into a new field for service dogs.”

— ALLEN M. SCHOEN, MS, DVM, author of *Kindred Spirits: How the Remarkable Bond between Humans and Animals Can Change the Way We Live*

San Francisco, CA (October 27, 2009) — Sixty-five million dog owners in the United States know that there is something about the presence of a dog that inspires confidence, nurtures emotional well-being, and brings out our best. And for some people, a dog can do even more.

Written by the leading expert in an emerging new field of therapy, ***Healing Companions: Ordinary Dogs and Their Extraordinary Power to Transform Lives*** is the first book to explain how dogs can benefit survivors of emotional illnesses, from eating disorders and anxiety to agoraphobia, depression, and post-traumatic stress.

Besides real life stories of healing and transformation, practical guidelines and advice is presented in *Healing Companions*:

- Criteria to consider when choosing a dog
- Service dog training and procedural regulations
- What to expect and how to respond with a service dog in public
- How dogs can complement other forms of therapy
- Recognizing the dog's needs and proper care

A clinical psychotherapist with a private practice, and a licensed independent social worker, Jane Miller has a particular interest in holistic healing. She has lectured for national and local organizations, schools and dog-training facilities, and has consulted with National Education for Assistance Dog Services, Canines for Combat Veterans, and for other veteran's organizations. She appeared in the PBS program "Health Visions: Animals As Healers" and is a popular guest on local and national media.

"Finally, someone has written about the best kept mental health secret: how dogs save psyches, hearts, minds and sometimes, quite literally, lives."

– BELLERUTH NAPARSTEK, LISW, author of *Invisible Heroes*

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Author: Jane Miller

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