

心灵鸡汤

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Chicken Soup
for the Soul

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Chicken Soup for the DOG LOVER'S Soul

Jack Canfield
Mark Victor Hansen
Marty Becker
D.V.M
Carol Kline
Amy D. Shojai

小犬当家

生活系列

 安徽科学技术出版社
 Health Communications, Inc.

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— 小犬当家

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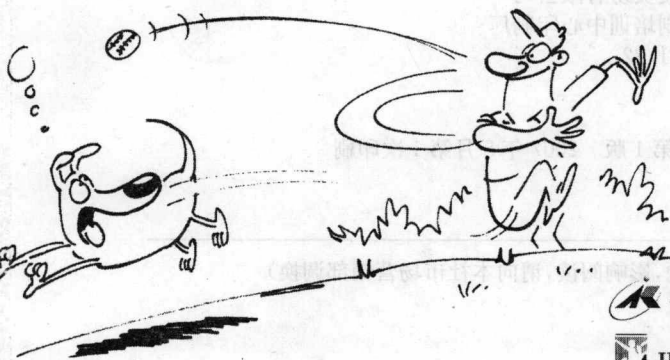
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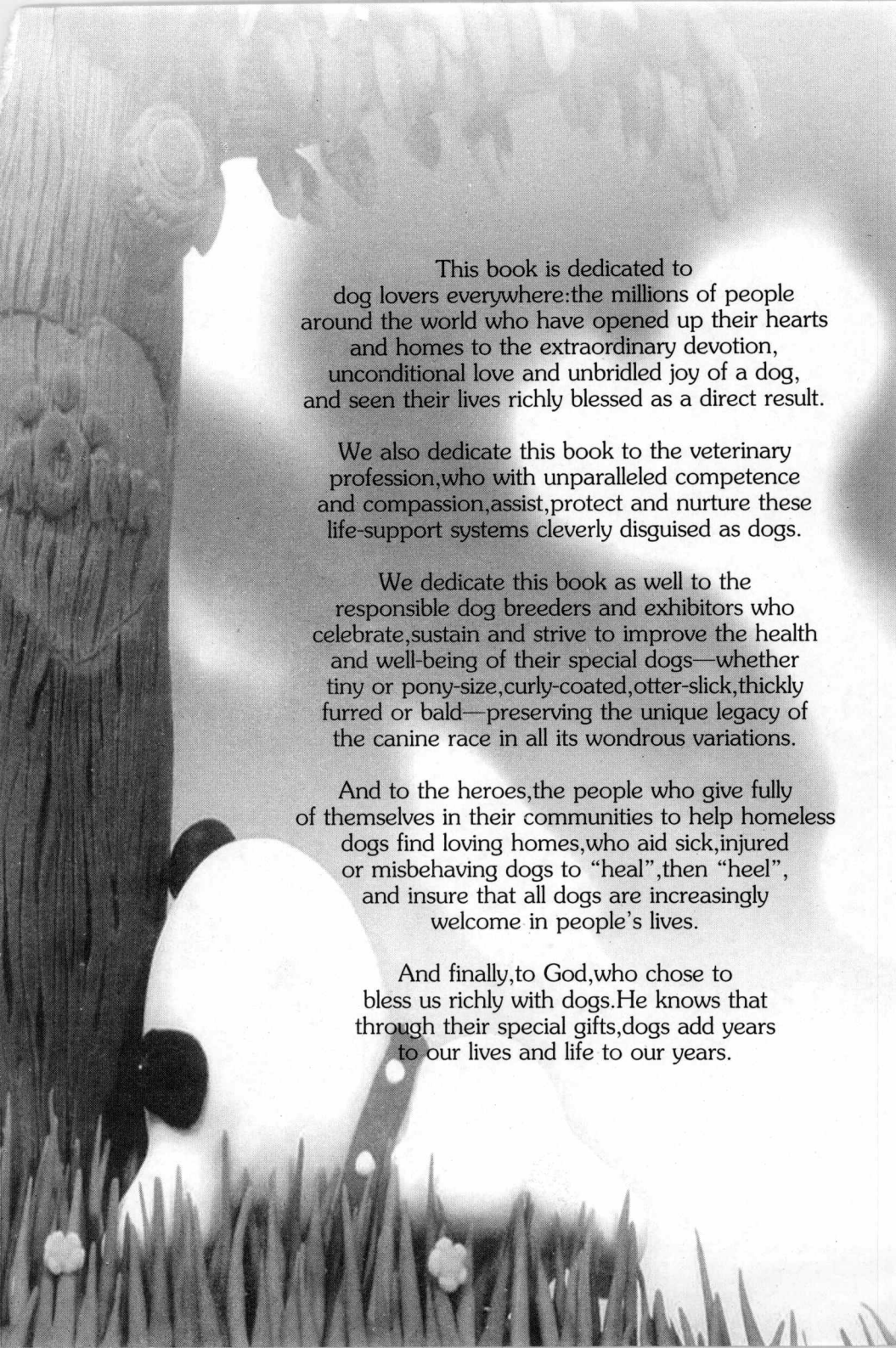
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This book is dedicated to
dog lovers everywhere: the millions of people
around the world who have opened up their hearts
and homes to the extraordinary devotion,
unconditional love and unbridled joy of a dog,
and seen their lives richly blessed as a direct result.

We also dedicate this book to the veterinary
profession, who with unparalleled competence
and compassion, assist, protect and nurture these
life-support systems cleverly disguised as dogs.

We dedicate this book as well to the
responsible dog breeders and exhibitors who
celebrate, sustain and strive to improve the health
and well-being of their special dogs—whether
tiny or pony-size, curly-coated, otter-slick, thickly
furred or bald—preserving the unique legacy of
the canine race in all its wondrous variations.

And to the heroes, the people who give fully
of themselves in their communities to help homeless
dogs find loving homes, who aid sick, injured
or misbehaving dogs to “heal”, then “heel”,
and insure that all dogs are increasingly
welcome in people’s lives.

And finally, to God, who chose to
bless us richly with dogs. He knows that
through their special gifts, dogs add years
to our lives and life to our years.



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Because of the size of this project, we may have left out the names of some people who contributed along the way. If so, we are sorry, but please know that we really do appreciate you very much.

We are truly grateful and love you all!



Introduction

Throughout the ages, our lives with dogs have been lovingly documented—from cave art to hieroglyphics and from medieval tombs of European knights to Victorian wedding portraits. In today's world, dogs are still an important and highly visible part of modern culture.

Just turn on a television or leaf through any magazine or newspaper to see a mind-boggling array of canine accoutrement for sale. Refrigerator magnets read, "Dear Lord, Please help me be the kind of person my dog thinks I am." Bumper stickers announce, "We're staying together for the sake of the dog." Two-and four-legged family members even pile on the couch together to view videotapes of shared family vacations.

The human-animal bond, or simply "the Bond," isn't just surviving—it's thriving!

In fact, it is the strength and power of the Bond that inspired this book's creation. In response to our call for stories, we received thousands of submissions from dog lovers around the globe who shared with us the myriad ways their dogs have positively impacted their lives. *Chicken Soup for the Dog Lover's Soul* is a testament to the enduring love we humans have for the dogs who share our lives. The chapters in the book reflect the main ways that dogs benefit us: They love us, heal us, teach us, make us laugh and sometimes break



our hearts with their passing. As author Roger Caras once said, “Dogs are not our whole lives, but they make our lives whole.”

Dogs have been at our sides longer than any other domestic species. Perhaps this partnership arose and endured because people and dogs are so similar: We both love our families. We both enjoy snuggling in our dens. We both relish social bonds and respect loyalty.

Called the “most plastic of species,” dogs exist in almost every size and shape imaginable. In addition, they occupy a wide occupational niche, from pampered lapdogs who give new meaning to the term “dog tired,” to courageous canines that patrol airline terminals looking for bombs, drugs and dangerous people.

Dogs make us feel good—and are good for us. Organizations like the Delta Society describe this as “the positive effect of pets on human health and well-being.” Our dogs relieve chronic pain, lift our spirits, sniff out cancer, detect impending heart attacks, seizures and migraines, lower our blood pressure and cholesterol levels, help us recover from devastating illness, and even improve our children’s IQ, as well as lowering their risk for adult allergies and asthma. Just think—the unconditional love, limitless affection and to-die-for loyalty of a well-chosen, well-trained, well-cared-for dog could be just what the doctor ordered!

But perhaps our dogs help us most of all by giving us an important outlet for our love. About six out of ten U.S. households have pets, whereas only three out of ten have children. Once our children grow up—and the nest empties—dogs take on even greater importance to millions of Americans who yearn to nurture. For we humans are an extremely social species with a *need* to nurture.

Yet in today’s world, many of us live alone, whether due to divorce, choosing to remain childless, surviving a spouse or



partner, or having a far-flung extended family. And sadly, too much time spent alone can leave us sick—and even shorten our lives.

Lucky for us, our canine companions provide emotional rescue for everything from a relationship breakup or bad day at work to a bad hair day—or even a *no hair* day for those of us facing cancer treatment. Dogs love us for simply being who and what we are. They don't care if we're famous, powerful, rich, important people—we're all that and more in their eyes.

At the end of the day, we may never know whether those liquid eyes shine for us or for the treat drawer, but when a tap-dancing, delighted frenzy of fur greets you at the door with a red-carpet welcome, it hardly seems to matter.

So, sit back, relax and let the love of dogs wash over you as you enjoy these charming, true tales. May they inspire you to be the person your dog thinks you are!

But perhaps our dogs help us most of all by giving us an important outlet for our love. About six out of ten U.S. households have pets, whereas only three out of ten have children. Once our children grow up—and the next generation—dogs take on even greater importance to millions of Americans who yearn to nurture. For we humans are an extremely social species with a need to nurture.

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1



ON LOVE

Dogs are forever in the moment.
***They are always a tidal wave of
feelings, and every feeling is some
variant of love.***

Cynthia Heimel