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page 50

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BOOKReviews

HOW TO MEDITATE WITH YOUR DOG

*An Introduction to Meditation
for Dog Lovers*

By James Jacobson

I am so very happy someone is writing about animals having much to teach us, if we would only respect their higher intelligence and listen! That is what author James Jacobson has done and shared in this charming short book about his evolved dog, Maui, a cute Maltese, whose presence and example led James to the revelation that your dog can not only help you meditate, but can also help improve your life and health immeasurably.

James has meditated for years and has incorporated the love of his life, Maui, into his daily meditation practice. Together, through meditation, they have brought each other a new "leash" on life.

James' tips on how to meditate with your dog seem practical and easy. His "tails" and experiences with Maui will amuse and interest the reader. It becomes clear that dogs are natural meditators, unlike humans. Here is yet another way in which animals enrich our life. This book is a great gift for dog/animal lovers.

**Published by Maui Media, LLC,
this book is available at your
local bookstore or at the website:
www.dogmeditation.com**

Reviewed by Kathy DeSantis