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## Culture Corner | Faith-focused media picks

### BOOKS

#### "How to Meditate With Your Dog"

*James Jacobson (Maui Media, 200 pages, \$16.95)*

As any pet lover knows, nothing calms the soul like a few moments of quiet communion with a devoted dog or cat.

The author suggests an approach for developing an intentional and regular habit of "hound-lounge," or quiet time with a canine friend. Humans can turn daily walks into spaces of time for clearing the mind and opening the heart.

Veterans of meditation won't find a lot new here, but dog lovers will enjoy the comic strips throughout, and meditation newbies will profit from the breezy instructions, promising an "un-dogmatic" approach to give people and their dogs "a whole new leash on life."