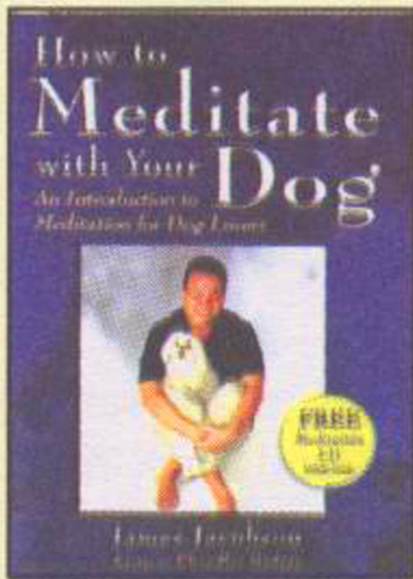




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[Dogmeditation.com](http://Dogmeditation.com)



## How to Meditate with Your Dog: An Introduction to Meditation for Dog Lovers

By James Jacobson with  
Kristine Chandler Madera  
(Maui Media)

Seeking inner peace is no longer exclusively for humans. According to Jacobson, a lifelong meditator and dog-lover, canines are natural meditation gurus and incorporating them into daily meditation practices not only enhances health and well-being, but it can also deepen the bond between caretaker and pet. Jacobson uses his own meditation ritual with his Maltese, Maui, to illustrate simple techniques to help readers understand how to meditate with their pets. Of course, Maui demonstrates that even the most spiritual of pooches can get a little sidetracked by a Frisbee or the smell of bacon.