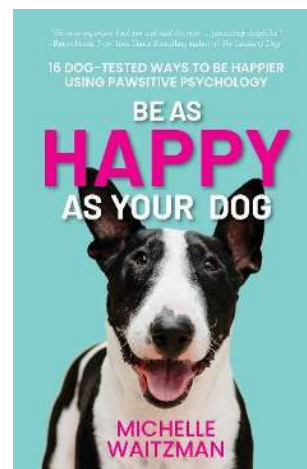


New Book Uncovers the Secrets to How to Be as Happy as Your Dog!

Be as Happy as Your Dog, details the latest findings about the inner lives of our furry best friends and uncovers how you can approach the joys and challenges of everyday life with the same happy attitude as your dog.



For Immediate Release

APRIL 03, 2023 - Toronto, ON - If you've ever envied your dog's seemingly ideal life, you're in luck. In her new book, *Be as Happy as Your Dog: 16 Dog-Tested Ways to Be Happier Using Pawsitive Psychology*, author Michelle Waitzman shows how we can capture dogs' joyfulness and their ability to make the most of every day.

Waitzman brings together the latest research on dog behaviour and the leading psychological experts in the growing field of positive psychology, or *pawsitive* psychology, to explain how we can ramp up our happiness by adopting a more dog-like attitude.

Readers will learn:

- how wagging their tail will boost their happiness and spread it to others;
- how trusting their "sniff test" will help them avoid toxic relationships;
- how walking every day can release their mind and body from stress and anxiety;
- how finding their pack will provide them with the support, comfort, and connection we all need;
- and 12 more ways to find pleasure in their everyday experiences, get the most from every moment as it happens, and add more happiness to their lives.

New York Times bestselling author Dr. Brian Hare (*The Genius of Dogs*) says, "*Be as Happy as Your Dog* is the most important book you will read this year. We have been so distracted with what we can teach our dogs, we never realized that one of our most inspirational, upbeat, optimistic friends are, and always have been, willing to share their philosophy with us. ... Waitzman shows us how understanding our dog's mind and behavior can lead us to a happier, more fulfilling life. A pawsitively delightful read."

Be as Happy as Your Dog will be available through online book retailers worldwide on April 15.

To request a copy of the book, or to speak to Michelle Waitzman about the top secrets she uncovered in her research, please contact:

Colleen McCourt, PR and Media Relations

e: colleen@frontdoorpr.com

c: 705-358-2006

About Michelle Waitzman

Michelle Waitzman is a writer, plain language consultant, and dog lover. She is also the author of *Sex in a Tent: A Wild Couple's Guide to Getting Naughty in Nature*, *Moon: Living Abroad in New Zealand*, and *Psychic Animals: Superstition, Science and Extraordinary Tales*. Before her writing career, Michelle worked in TV production and corporate communications. She lives with her husband and two mixed-breed rescue dogs, Marlowe and Nuka, in Toronto, Canada.