

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Volunteer and Take Your Dog With You

By Susan Dunn

Volunteer and Take Your Dog With You by Susan Dunn, MA, The EQ Coach

The secret of not-for-profit agencies is that there is great benefit to the benefactor. It should not be a secret. You've probably learned that the key to a miserable life is to focus on yourself alone. For the doldrums, for the blahs, a lack of purpose or refinding the breadcrumb trail, try volunteering.

As a fundraiser, I learned firsthand it isn't just "buzz" that it changes people's lives. From the idle rich, to parents bringing their children for an emotional learning experience and educational family activity, to singles flexing their caring muscles, to people in recovery, to people with stories I'll never know, all benefited. Sometimes the clients did as well.

Those who wrote checks benefited less than those who put in volunteer time and here's an opportunity that takes the stress off going to a strange place and meeting strangers. Go volunteering with your dog.

Nursing homes, children's shelters, hospital wards, rehab centers, psychiatric wards, and prisons are all possibilities. The right dog is egalitarian in his ability to divert, entertain and unconditionally love.

Best visiting dogs enjoy meeting strangers, approach in a friendly, not aggressive manner, tolerate strange situations, and calm quickly.

Begin with basic obedience training. Then start accustoming your dog to strange places and people so they learn to trust they'll be okay wherever you take them.

Then choose your venue, a place where your dog can shine. Your dog may be overstimulated by a bunch of squealing kids, or despondent at the relative quiet of a nursing home.

Investigate opportunities through The Bright & Beautiful therapy Dogs, Inc. – <http://www.pet-therapist.com>, , Therapy Dogs International, Inc. – <http://www.tdi-dog.org>, and Delta Society – <http://deltasociety.org> and schedule your visit. Or go it alone. If you and your dog are ready, call a volunteer director and arrange your visit.

©Susan Dunn, MA, The EQ Coach, <http://www.susandunn.cc> . I offer coaching, distance learning courses, and ebooks around emotional intelligence. I train and certify EQ coaches. Get in this field, dubbed "white hot" by the press, now, before it's crowded, and offer your clients something of real value. Immediate entry, no residence requirement. Mailto:sdunn@suasndunn.cc for free ezine. For daily EQ Tips, send blank email to EQ4U@yahoo.com .

Quality Dog Food Is Essential For The Health Of Dogs

By Mike Yeager

Dog food is very important for the health of dogs. It is easy to overlook it, but it is essential to pick the right dog food for your pet dog. People sometimes just pick the first dog food bag they see at the store, instead of considering what is needed for your own dog. Puppies need different types of food than mature dogs, just as different breeds of dogs also require different types of dog food. If your dog seems like it has no energy, consider switching to another type of dog food. If you are unsure what kind to buy, you should consult your veterinarian.

Dog Food should be healthy and tasty.

If your dog does not like a certain type of dog food, do not force your dog to eat it. Instead, try to find another type of dog food that has all the vitamins that your dog needs, and your dog enjoys eating. Also, be aware that your dog's taste may change over time, and may not necessarily eat the same dog food all of its life. If it does not like its current dog food, then buy some other types of brands, and see which one is its favorite.

Mike Yeager
Publisher

Quality Dog Food Is Essential For The Health Of Dogs

Dog Training Tips

Tips For Buying A Dog Collar

Basic Dog Training

Here's a Way To Make Your Dog Love Its Dog Crate!

How to Gain and Retain More Customers

Hints for lovers

Free Government Grants

Info Product Marketing Secrets Exposed!

Sen Ze's Mini Encyclopedia of Internet



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!