

MARY HESSLER-KEY, PH.D.

WHAT ANIMALS TEACH US



*LOVE, LOYALTY, FORGIVENESS,
AND OTHER LIFE LESSONS FROM OUR PETS*

What Animals Teach Us

Love, Loyalty, Forgiveness, and Other Life
Lessons from Our Pets

By

Mary Hessler Key, Ph.D.

November 2001

U.S. \$22.95 / Can. \$34.95

ISBN 0-7615-3607-8

Hardcover / 240 pages

5 ½ x 8 ½

EAN 9 780761 536079

UPC 0 86874 53607 4

Animals / Pets

Prima Publishing

Division of Random House

Animals teach us the essentials of life. Do the secrets to one's happiness, good health, and emotional stability lie in the heart and soul of our animal companions? Research supports just that – that animals are more than just playful, soft companions. They are soul-soothing family members with the ability to play an instrumental role in a person's well-being.

This touching and informative book brings home the idea that the personality, spirit, and caring presence of a companion animal is a tremendous positive and enriching influence. Companion animals not only enhance life on a daily basis, they also offer long-term benefits that contribute to physical and emotional well-being. This book contains true stories and lessons on how people, through the presence and compassion of a beloved animal, develop the qualities of:

- Unconditional love and friendship
- Loyalty and forgiveness
- Emotional and physical healing
- Living in the present and staying focused
- Heroism and much, much more

This enlightening book offers readers the opportunity to recognize and apply these foundations for a higher-quality life of their own.

Mary Hessler Key, Ph.D. is a repeat author who dedicates her time to inspiring both individuals and organizations to grow and speaks frequently on a variety of issues, ranging from the life lessons that animals teach to leadership development. She lives with her husband and three cats in Florida.