

positive approach dog training

positive approach dog training is a humane and effective method that focuses on rewarding desirable behaviors rather than punishing unwanted actions. This training philosophy fosters a trusting relationship between dogs and their owners, encouraging learning through positive reinforcement techniques. By emphasizing kindness, patience, and consistency, positive approach dog training helps dogs develop good manners and obedience while minimizing stress and fear. This article explores the fundamental principles, benefits, and practical strategies of this approach, providing a comprehensive guide for dog owners and trainers alike. It also discusses common challenges and how to overcome them using positive methods. The following sections will delve into the key aspects of positive approach dog training to equip readers with essential knowledge for successful canine training.

- Understanding Positive Approach Dog Training
- Core Techniques and Methods
- Benefits of Positive Reinforcement
- Implementing Positive Training at Home
- Addressing Common Training Challenges

Understanding Positive Approach Dog Training

Positive approach dog training is grounded in the principles of behavioral science, particularly operant conditioning, where desired behaviors are encouraged through rewards. Unlike traditional training methods that rely on punishment or dominance, this approach prioritizes building a cooperative and respectful partnership between the dog and handler. It emphasizes recognizing and reinforcing good behavior with treats, praise, or play, which motivates dogs to repeat those actions.

Philosophy Behind Positive Training

The philosophy of positive approach dog training centers on empathy and respect for the dog's emotional well-being. It rejects the use of intimidation, fear, or physical corrections, which can damage the human-animal bond and hinder learning. Instead, it utilizes rewards to guide the dog toward desired behaviors, making training a positive experience that strengthens trust and communication.

Key Terminology

Understanding certain terms is essential for effective application of positive training methods:

- **Positive Reinforcement:** Adding a pleasant stimulus (like treats or praise) to increase the likelihood of a behavior.
- **Negative Punishment:** Removing something desirable (like attention) to decrease unwanted behavior.
- **Clicker Training:** Using a consistent sound marker to signal correct behavior, followed by a reward.
- **Shaping:** Gradually reinforcing successive approximations of the target behavior.

Core Techniques and Methods

Positive approach dog training employs several proven techniques that facilitate learning while maintaining the dog's motivation and emotional health. These methods focus on rewarding incremental progress and clear communication.

Positive Reinforcement

This technique involves rewarding the dog immediately after performing the desired behavior, which helps the dog associate the action with a positive outcome. Common reinforcers include treats, verbal praise, petting, and playtime. Timing and consistency are crucial to ensure the dog understands which behavior is being rewarded.

Clicker Training

Clicker training is a precise method of positive reinforcement that uses a clicker device to mark the exact moment a dog performs a desired behavior. The click is immediately followed by a reward. This method helps dogs learn complex behaviors by breaking them down into smaller, achievable steps.

Shaping and Luring

Shaping involves reinforcing successive approximations toward the target behavior, while luring uses a treat or toy to guide the dog into the desired position or action. Both methods encourage the dog to engage actively in the learning process and build confidence.

Consistency and Patience

Maintaining a consistent approach with clear cues and predictable rewards is essential in positive approach dog training. Patience allows the dog to learn at its own pace without pressure, fostering a stress-free environment conducive to long-term success.

Benefits of Positive Reinforcement

Employing a positive approach in dog training offers numerous advantages that enhance the training experience and improve the dog's overall behavior and well-being.

Strengthening the Human-Dog Bond

Positive reinforcement builds trust and respect between dogs and their owners. When dogs associate training sessions with enjoyable experiences, they are more likely to be engaged and responsive, deepening the emotional connection.

Improved Behavioral Outcomes

Studies and practical experience show that dogs trained with positive methods demonstrate better retention of learned behaviors and exhibit fewer problem behaviors such as aggression or anxiety. This approach promotes a happy, well-adjusted canine companion.

Encouraging Lifelong Learning

Because positive approach dog training is enjoyable and rewarding, dogs remain motivated to learn new skills throughout their lives. This adaptability is critical for addressing behavioral issues and enhancing the dog's quality of life.

Reduced Stress and Fear

Positive training minimizes stress-related behaviors by avoiding punishment and intimidation. Dogs trained this way are less fearful, which contributes to better health and social interactions.

Implementing Positive Training at Home

Applying positive approach dog training techniques in a home environment requires planning, consistency, and the right tools. This section outlines practical steps to begin training effectively.

Setting Clear Training Goals

Defining specific, achievable objectives for each training session helps maintain focus and measure progress. Goals may include basic commands like sit, stay, or come, as well as addressing unwanted behaviors.

Choosing Effective Rewards

Identifying what motivates the dog is crucial. Rewards can vary from high-value treats to favorite toys or enthusiastic praise. Using a variety of reinforcers helps maintain the dog's interest over time.

Creating a Distraction-Free Environment

Training initially works best in a quiet, familiar space where the dog can concentrate without interruptions. Gradually introducing distractions helps generalize the learned behaviors to various settings.

Establishing a Consistent Routine

Regular training sessions, ideally short and frequent, enhance learning and prevent frustration. Consistency in commands and cues reinforces understanding and reliability.

Monitoring Progress and Adjusting Techniques

Observing the dog's response to training allows the owner to tailor methods and rewards. Patience and flexibility ensure the training remains effective and enjoyable for the dog.

Addressing Common Training Challenges

Even with positive methods, certain challenges may arise during dog training. Understanding how to address these issues using constructive techniques is essential for continued success.

Dealing with Distractions

Dogs may become easily distracted in new environments or around other animals. Gradual exposure combined with high-value rewards for attention helps improve focus and obedience.

Managing Behavioral Issues

Problems such as jumping, barking, or leash pulling can be redirected by rewarding incompatible behaviors and ignoring or redirecting unwanted actions without punishment.

Overcoming Lack of Motivation

Sometimes dogs lose interest in training. Changing rewards, shortening sessions, or incorporating play can re-engage the dog and make training more appealing.

Consistency Among Family Members

Ensuring all household members use the same commands and rewards prevents confusion and reinforces learning. Communication within the family is key to maintaining consistency.

When to Seek Professional Help

If challenges persist, consulting a certified positive reinforcement trainer can provide tailored strategies and support to address specific behavioral issues effectively.

Frequently Asked Questions

What is positive approach dog training?

Positive approach dog training is a method that focuses on rewarding desired behaviors with treats, praise, or play, rather than using punishment or negative reinforcement. It aims to build a trusting and happy relationship between the dog and owner.

Why is positive approach dog training considered effective?

It is effective because it encourages dogs to repeat good behaviors by associating them with positive outcomes, reduces fear and anxiety, and strengthens the bond between dog and trainer.

Can positive approach dog training work for aggressive dogs?

Yes, positive approach training can be very effective for aggressive dogs by using reward-based techniques to modify behavior gradually and reduce stress triggers without causing fear.

What are some common techniques used in positive approach dog training?

Common techniques include clicker training, lure-and-reward, shaping, and capturing behaviors, all of which rely on positive reinforcement rather than punishment.

How long does it take to see results with positive approach dog training?

The time frame varies by dog and behavior, but many owners see noticeable improvements within a few weeks of consistent, regular training sessions.

Is positive approach dog training suitable for all breeds and ages?

Yes, positive approach training is suitable for dogs of all breeds and ages because it is gentle, adaptable, and focuses on motivation rather than force.

What are the benefits of using positive reinforcement over punishment in dog training?

Benefits include increased motivation, reduced fear and anxiety, stronger dog-owner relationship, and longer-lasting behavioral changes without damaging trust.

How can I start implementing positive approach dog training at home?

Begin by identifying simple behaviors to teach, use high-value rewards like treats or toys, keep training sessions short and consistent, and always reward desired behaviors immediately to build clear communication.

Additional Resources

1. *The Power of Positive Dog Training*

This book emphasizes the importance of using reward-based methods to train dogs effectively. It offers practical techniques for encouraging good behavior through positive reinforcement rather than punishment. Readers will learn how to build a strong bond with their pets while fostering obedience and confidence.

2. *Positive Puppy Training: A Gentle Approach to Raising a Happy Dog*

Focused on early training, this guide provides step-by-step instructions for nurturing well-behaved puppies. It highlights the significance of patience, consistency, and kindness in developing lifelong good habits. The book includes tips on socialization, basic commands, and managing common puppy challenges.

3. *Train Your Dog the Positive Way*

This accessible manual introduces the core concepts of positive dog training, making it ideal for new dog owners. It covers essential commands, problem-solving strategies, and ways to make training sessions enjoyable for both owner and dog. The author advocates for compassion and understanding as keys to successful training.

4. *Positive Reinforcement in Dog Training: Techniques for a Happy, Obedient Dog*

This comprehensive resource delves into various positive reinforcement techniques, such as clicker training and treat rewards. It explains how these methods can be used to address behavioral issues and enhance learning. The book also discusses the psychological benefits of positive training for dogs.

5. *Happy Dogs, Happy Owners: The Positive Training Revolution*

This inspiring book shares stories and case studies illustrating the transformative power of positive dog training. It encourages owners to move away from fear-based methods and embrace compassion-driven approaches. Practical tips and motivational advice help readers implement effective, humane training routines.

6. *Positive Dog Training for All Ages*

Offering guidance for dogs at every life stage, this book covers training techniques suitable for puppies, adult dogs, and seniors. It stresses the adaptability of positive methods to meet the evolving needs of dogs as they grow. Readers will find advice on maintaining obedience and mental

stimulation throughout their dog's life.

7. Clicker Training: A Positive Approach to Dog Training

Specializing in clicker training, this book explains how to use a clicker as a marker for desired behaviors. It breaks down the process into easy-to-follow steps and offers troubleshooting tips for common challenges. The author emphasizes patience and consistency to maximize training success.

8. Building Trust: Positive Training Methods for Rescue Dogs

This guide focuses on the unique challenges and rewards of training rescue dogs using positive reinforcement. It provides strategies for overcoming fear, anxiety, and trust issues while building a strong relationship. The book aims to help rescue dogs thrive in their new homes through gentle, effective training.

9. Positive Dog Training Techniques for Behavioral Problems

Targeting common behavioral issues such as barking, jumping, and leash pulling, this book offers positive solutions that avoid punishment. It explains how to identify the root causes of problem behaviors and redirect dogs toward desirable actions. Step-by-step plans help owners implement humane and successful training strategies.

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Pasquale De Marco, 2025-08-13 ****Positive Dog Training: A Relationship-Based Approach**** is the ultimate guide to positive dog training. This comprehensive book covers everything you need to know to train your dog for a lifetime of good behavior, from the basics of obedience to more advanced topics like relationship-based training and training for specific needs. With clear, step-by-step instructions and helpful troubleshooting tips, this book will help you train your dog to be the best that he or she can be. You'll learn how to: * Build a strong bond with your dog based on trust and respect * Establish clear boundaries and create a training plan * Teach your dog basic obedience commands like sit, stay, come, heel, and down * Train your dog for more advanced obedience commands like off-leash walking, recall from distractions, impulse control, problem-solving, and advanced tricks * Use relationship-based training to create a dog who is happy, healthy, and well-behaved * Train your dog for specific needs, such as training for puppies, senior dogs, and dogs with anxiety, aggression, or other special needs * Troubleshoot common training problems Whether you're a new dog owner or an experienced trainer, this book has something for you. With patience, consistency, and positive reinforcement, you can train your dog to be the best that he or she can be. If you like this book, write a review!

positive approach dog training: The Dog Whisperer Presents - Good Habits for Great Dogs

Paul Owens, Norma Eckroate, 2009-11-18 Outlines an approach to resolving specific problem behaviors that builds on the author's nonviolent, positive reinforcement methods, in a step-by-step guide that explains how to retrain through automatic habit practices in a minimum of time.

positive approach dog training: Positive Approach For Dog Training Donald Machida,

2021-08-11 We love our dogs as if they were members of the family -- which in many cases, they are. And when we see their cute little faces and bright eyes, it is so hard to discipline them. However, without proper dog training, you and your dog may end up having problems. **A Complete Guide: The puppy training book** includes everything related to training your dog effectively. It is a complete practical guide with simple and easy techniques. **Practical Tactics and Techniques: The tips and tactics explained in the dog training book** are not just theoretical, but have been tested practically in real life by many other pet owners. Only effective and really helpful techniques are added in the book. **Train Your Pet in a Short period** Don't have long hours to spend daily with your pet to train it? Don't worry. This pet training book will help you to train your dog using effective positive techniques in a short period.

positive approach dog training: Good Dog 101 Cristine Dahl, 2011-01-04 A revolutionary step-by-step manual for dog owners on how to humanely and easily train their pups to change problematic behaviors—from a SPCA-certified trainer. Learn the humane way to change your dog's behavior, including problems like digging, jumping, peeing, pooping, stealing, chewing, begging, barking, and growling. In **Good Dog 101**, SPCA-certified author Cristine Dahl covers all aspects of training dogs, especially puppy training. The book is organized by individual problem scenarios where every sort of bad behavior is addressed, whether it's if the dog compulsively digs all around your garden or if it likes to steal your shoes or if it jumps on every guest the minute they walk in the door. For each problem scenario, Dahl explains the reasons for such behavior, and then gives simply phrased instructions on how to resolve it and alter the dog's behavior for future scenarios. Her methods are humane and simple—perfect for every dog owner.

positive approach dog training: Training Your Dog the Humane Way Alana Stevenson, 2011 Animal behaviorist and dog trainer Stevenson provides readers with the basic principles of animal learning so that they can effectively prevent and remedy behavioral problems using a humane, positive approach rather than punishment.

positive approach dog training: The Complete Idiot's Guide to Positive Dog Training Pamela Dennison, 2006-02 **The Complete Idiot's Guide to Positive Dog Training, Second Edition**, takes more of a purist approach to positive training. Punishment-based training methods have long been the standard when it comes to teaching puppies new commands and correcting aggressive behavior, but these methods have limited effectiveness when it comes to training older dogs as well as some potential consequences for puppies. More and more trainers are practicing positive training methods, based on a system of rewards and encouragement, to elicit the same behavioral goals. However, some trainers who claim to embrace the new methods still cling to many of the old practices, such as choke collars. This book shows readers how to use positive training to teach basic commands and housetraining and to correct a host of problem behaviors without resorting to the old ways.

positive approach dog training: B.E.S. Dog Training Bible Andrea Arden, 2011-11-01 A complete guide to new puppy and dog training! Included is information on raising, training, and loving dogs, including adorable color photos, helpful hints, and quick tips on training. You'll learn: Housetraining your puppy, with reference to short-term and long-term confinements, food, water, walking schedule, and more Socialization, with reference to handling and gentling, bite inhibition, introduction to people, socializing with kids, and more **Dog Training 101: Foundation Exercises**, which includes exercises in eye contact, teaching a dog to come when called, sit, down, and stand commands, walking on leash, and more **Physical and Mental Activity**, with advice on teaching games and tricks, agility training, and more **Correcting Behavior Problems**, including excessive barking, destructive chewing or digging, begging, and more. Written for new dog owners or for prospective pet parents who are about to acquire a canine companion. Author Andrea Arden is a well-known trainer who currently works on Animal Planet's shows, *Underdog to Wonderdog*, *Dogs 101*, and *Cats 101*. She begins by pointing out the importance of understanding canine psychology and a dog's learning capacity as necessary prerequisites to effective and humane training. Also discussed are several different approaches to dog training, canine temperaments, and impulse control.

positive approach dog training: A Dog Who's Always Welcome Lorie Long, 2008-10-14 You can take her with you... If you're like most dog owners, you want a trustworthy companion you can take on family vacations, to ball games, on hikes, and to cafes and festivals. You want your dog to behave when you have guests, stay peacefully at hotels, ride calmly in elevators, and maintain proper doggie decorum in all kinds of situations. Chances are, you've watched and admired assistance and therapy dogs who are attentive to their owners' needs no matter what. This book taps into the secrets of assistance and therapy dog trainers and shows you how to use focused foundation socialization training to make sure your dog is well behaved--even in unfamiliar environments loaded with distractions and temptations. It goes beyond typical behavioral training and basic commands and covers: Evaluating your dog and recognizing traits that will affect her needs Using reward-based processes to teach complex behaviors and self-discipline Creating a socialization program that makes your dog focused on you and confident in different environments Reading your dog so you can anticipate her reactions and keep her focused on your directions With these sophisticated training techniques, you'll turn your family pet into a sociable, take-anywhere dog who will always be welcome!

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positive approach dog training: HAPPY HANDLING! Jolein Van Weperen, 2015-05-06 Jolein formulated classic ideas in a way really drive the point home to the layman. Some were so good that we are going to quote her in future theory seminars.

Here are some examples:
• The self-control of your dog depends on your own self-control.
• Selfishness is the motivation behind nearly every behavior.
• Each time you repeat a command, put a dollar in a jam jar.
• (about the 'watch me' exercise) If your dog is not looking at you, see it as feedback from your dog.

What experts are saying about Happy Handling!</I>:
The publication of 'Happy Handling' is a milestone in (Dutch) dog training. The methods are factually sound, ethically responsible, and practically focused. Every Dutch trainer in charge of putting together a dog school curriculum needs to have read it. With its attempt at making a best-of-breed trainer out of every client, the book occasionally flirts with idealism. But hey, if you need a point of reference to build your curriculum, best you start too perfect than the other way round, right? Jolein is a beacon for modern dog training in The Netherlands. Her fair, effective and rational methods reflect the gold practices of force-free training. De Laar has become a home away from home for evidence-based trainers from all over the world. In this book, Jolein shares her years of field experience and gargantuan knowledge with trainers and owners alike for generations of well-adjusted and polite dogs. I would love to see more books by Jolein van Weperen.
Laure-Anne Viselé BSc, MSc, Head trainer at OhMyDog! and Canine behavior therapist at Canis bonus

Jolein van Weperen of Hondenschool de Laar only uses force free humane methods to train animals. She uses the latest in scientific training. Jolein trains dogs to be well behaved, happy, confident and calm family dogs/animals. She is a wonderful person that has a passion and love for helping dogs and humans be successful. I would highly recommend her services!
Pamela Johnson Dog Trainer at Pam's Dog Academy

Jolein is driven and capable. Stress-free training is one of the pillars of her training method. She has lots of knowledge and experience and it shows in her varied courses and in the way she manages to come up with custom approaches to behavioral difficulties.
Alexandra Wilkinson, canine behavior specialist.

positive approach dog training: Dogs For Dummies Gina Spadafori, 2019-05-30 It's a doggy-dog world, and this easy-to-use guide will help you navigate it. These days, people's dogs have become bona fide members of the family. Moving from the kennel to the couch, they share our beds, family rooms, and holidays; and they are recipients of our kindest and utmost concern. A pet partnership is a lifetime commitment. Do it right, and your dog will become an important and valuable part of the family for many years. Do it wrong, and you've broken a sacred covenant between humankind and another living being. Dogs For Dummies, 2nd Edition, is for you if you are looking to adopt a dog, trying to improve the relationship with the one you have, or attempting to come up with fun things to do with your canine companion. This book is also for people who want to Choose the right veterinarian Explore the dog-breeding business Find breed-rescue groups Identify canine health problems Look for a purebred Improve your chances at pet success by knowing how to raise and live with your dog properly. Discover which breed best suits your lifestyle, and if a puppy or adult dog is best for you. Dogs For Dummies, 2nd Edition, also covers the following topics and more: Caring for an aging dog Choosing collars, harnesses, halters, and leashes Considering euthanasia Feeding Fido the right way House training puppies and adult dogs Keeping up appearances with good grooming Participating in canine competitions Preparing your dog for a disaster Traveling with your dog Award-winning author Gina Spadafori says the lack of accurate information — not the lack of effort or concern — is often the reason for doomed people-pet pairings. With her help, you can avoid the agony. Dogs For Dummies, 2nd Edition, is full of useful tips, how-to advice, illustrations, and photographs (both color and black-and-white). You deserve a healthy, happy, and well-mannered canine companion; and you'll be the owner every pet wants and deserves — informed, responsible, and loving. P.S. If you think this book seems familiar, you're probably right. The Dummies team updated the cover and design to give the book a fresh feel, but the content is the same as the previous release of Dogs For Dummies (9780764552748). The book you see here shouldn't be considered a new or updated product. But if you're in the mood to learn something new, check out some of our other books. We're always writing about new topics!

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your furry friend. From clicker training and vocal rewards to the dangers of negative reinforcement tools, *Adult Dog Training Through Positive Reinforcement* provides all the skills you need to successfully train the adult dog you can be proud of. Grab your copy today and learn the power of paw-sitive reinforcement training.

positive approach dog training: Housetraining For Dummies Susan McCullough, 2019-07-05 *Housetraining For Dummies* (9781119610298) was previously published as *Housetraining For Dummies* (9780470476376). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. The latest information and tips on making housetraining easier for your pet and yourself Did you know that what you feed your dog can effect help or hinder the housetraining process? That's just one of the valuable tips you'll find in *Housetraining For Dummies* 2nd Edition, the authoritative housetraining reference for new and veteran pet owners alike. This new edition features plenty of new and revised material on everything from the latest housetraining equipment to the latest information on diet and nutrition and the crucial role it plays in housetraining. You'll also find useful tips and techniques for creating environmentally safe cleaners from natural products found in the home and alternatives you can use if you have a sensitive pet. Features the latest findings on how pet nutrition can influence housetraining success Offers proven housetraining strategies Introduces new methods for housetraining multiple pets at once Reviews new housetraining equipment and products Shows you how to make environmentally safe stain and odor removers from products already in your home Susan McCullough is a columnist for *Dog Fancy* magazine and the author of several books including *Beagles For Dummies* ;and the award-winning *Senior Dogs For Dummies* Housetraining can be a difficult and stressful process for both you and your puppy, adult, or senior dog. *Housetraining For Dummies* 2nd Edition is the resource you need to make it faster and easier for both of you.

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positive approach dog training: *Dog Training Made Easy: Mastering Obedience and Behavior* Alex Jr, 2025-06-14 *Dog Training Made Easy: Mastering Obedience and Behavior* is your ultimate step-by-step guide to building a strong, respectful, and lasting bond with your dog. Whether you're a first-time dog owner or looking to correct behavioral issues, this easy-to-follow guide will help you train your dog with proven techniques based on positive reinforcement and expert advice. Inside this practical dog training manual, you'll discover: Clear guidance for teaching essential commands like sit, stay, come, and heel Solutions to common behavior problems such as barking, chewing, aggression, and housebreaking Effective training techniques for puppies and adult dogs Tips for leash training, crate training, and socialization How to understand canine body language and build trust with your pet Backed by modern dog psychology and real-world training experience, this book

provides everything you need to raise a well-behaved, obedient, and happy dog. Start transforming your dog's behavior today — the easy way! Keywords: dog training, puppy training, dog behavior, obedience training, dog commands, stop barking, housebreaking, leash training, crate training, pet training, canine behavior.

positive approach dog training: The Complete Guide to Chesapeake Bay Retrievers Karen Harris, 2021-07-28 Written by experienced Chessie owner and author Karen Harris, this truly is a "Complete Guide" to owning a Chesapeake Bay Retriever! Containing answers to all the questions you have (and many you probably haven't even known to ask), this book covers everything from selecting the right Chessie for your family to caring for your senior Chessie in their golden years. Topics include: Finding the right breeder or rescue Chessie proofing your home Socialization and Training Chessies as Hunting dogs Nutrition and Health Care Dealing with common Chessie behavioral issues Traveling with a large dog Common Chessie health issues Senior Chessie care The rugged, all-American cousin of the more popular Golden and Labrador Retrievers, the Chesapeake Bay Retriever is just as intelligent, and athletic as Labs, but can be more focused, more serious, and less playful than its cousins. A protective companion that is eager to please and willing to work hard, Chessies are loyal, confident, and friendly. Bred to help hunters retrieve ducks from the icy waters of the Chesapeake Bay, the Chessie, as it is affectionately called, has one of the most interesting origin stories of all dog breeds. Although still the breed of choice for duck hunters, more and more people are discovering that the superior qualities of the Chessie make them a great family dog. Strong and stout, Chessies have the same compassionate eyes as Labs and Golden Retrievers and the same inquisitive ears. Their brown coats are thick, wavy, and oily, ideal for repelling the droplets from their namesake body of water. Whether you are just now discovering the wonderful Chesapeake Bay Retriever or are a longtime Chessie fan, this book will serve as a practical guide for all things Chessie. With chapters on exercise and nutrition, training and discipline, and health and safety, this book is your ideal guide to help you navigate the Chessie world from puppyhood to the golden years. Armed with the information in this book, you will be prepared to give your Chessie the best quality of life and, in return, you will get a loving and loyal companion and best friend.

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