

Adventures With a Dog

An owner shares her new perspective on the natural world, learned from her dog Ari.

Posted: June 22, 2009, 5 a.m. EDT

Many dog owners have experienced the harrowing stress of adding a new puppy to their families. Others have learned lessons about friendship and devotion from their dogs. But for author Kathryn Miles, adopting her puppy Ari was a life-changing experience. In her new book "Adventures with Ari: A Puppy, a Leash, & Our Year Outdoors," Miles details the inspiration she found in her dog, and the way she experiences the world.

Like many new dog owners, Miles and her husband expected the usual trials of training a puppy. And with a rambunctious dog with a particular affection for decomposing creatures, there were plenty to be had. But as she and Ari began to bond, Miles began to observe the world through her unique dog's eyes.

On their daily walks, Miles witnesses Ari's exuberance and energy, profound curiosity and interest in the world. She soon realizes that dogs have little use for the stress of everyday human life. Instead, the outside world is a giant opportunity to live, breathe, smell, taste and experience life. Taking a cue from her canine companion, Miles learns to embrace the natural world with Ari's philosophy.

The book is a beautiful tale of growth and change; Miles writes with passion. Whether recounting the pain of losing her beloved cat, the frustration in convincing her mother to accept her family's new dog or the joy of a refreshing walk, she is always honest.

Beautifully written, with deep insight and respect for the natural world, the book is an inspiring story for all dog lovers.

"Adventures with Ari: A Puppy, a Leash, & Our Year Outdoors" by Kathryn Miles is on sale now.