

Dogs Helping Humans Heal

Individuals suffering from emotional trauma can benefit from canine relationships.

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Any dog owner who has had a rough day knows the joy that can come when welcomed home by a lovable dog. Canines may not have the power to cure, but they can definitely help. And for those who suffer from debilitating emotional issues, they can play a major role in the healing process.

In her new book, "Healing Companions: Ordinary Dogs and Their Extraordinary Power to Transform Lives," clinical psychotherapist Jane Miller explores this relationship and offers advice to those considering getting a service dog.

For individuals suffering from a range of disabilities, including depression, anxiety, agoraphobia, post-traumatic stress disorder and more, service dogs can help open up a world otherwise inaccessible. Individuals dealing with such difficult emotional issues absolutely benefit from a helping paw, as Miller reveals.

The book combines touching real-life stories of owners and the many ways their dogs have helped them with advice on how to integrate a service dog into your life. Covering everything from choosing the right dog to training and care, this book has much to offer individuals in need of a true canine companion.

"Healing Companions: Ordinary Dogs and Their Extraordinary Power to Transform Lives" by Jane Miller is on sale now.