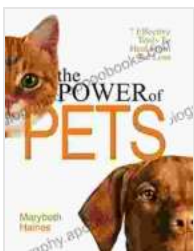


The Power Of Pets: Unlocking the Extraordinary Benefits of Animal Companionship

In a world where stress, loneliness, and illness seem to be on the rise, there is a growing body of research that suggests that pets may be the perfect antidote. From reducing blood pressure and cholesterol levels to improving mood and boosting immunity, the benefits of pet ownership are undeniable.



The Power of Pets: 7 Effective Tools To Heal From Pet

Loss by Marybeth Haines

★★★★★ 5 out of 5

Language : English
File size : 50146 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 120 pages
Lending : Enabled



In her new book, *The Power Of Pets*, Dr. Jessica Hekman explores the latest research on the therapeutic benefits of animal companionship and shares inspiring stories from people whose lives have been transformed by their pets.

Dr. Hekman is a clinical psychologist and animal lover who has spent years studying the human-animal bond. She is the founder of the Human-Animal Bond Research Institute (HABRI), a non-profit organization dedicated to promoting the understanding of the relationship between humans and animals.

In *The Power Of Pets*, Dr. Hekman draws on her extensive research and experience to provide a comprehensive overview of the benefits of pet ownership. She covers topics such as:

- The physical health benefits of pets, including reduced blood pressure, cholesterol levels, and risk of heart disease
- The mental and emotional health benefits of pets, including improved mood, reduced anxiety and depression, and increased self-esteem
- The social benefits of pets, including increased opportunities for socialization and decreased loneliness
- The therapeutic benefits of pets for people with disabilities, chronic illnesses, and mental health conditions

Dr. Hekman also provides practical advice on how to choose the right pet for your lifestyle and needs, and how to care for your pet so that you both can enjoy a long and healthy life together.

Whether you are a current pet owner, considering getting a pet, or simply want to learn more about the amazing benefits of animal companionship, *The Power Of Pets* is a must-read. This book will open your eyes to the extraordinary power of pets and inspire you to bring a furry friend into your life.

Testimonials

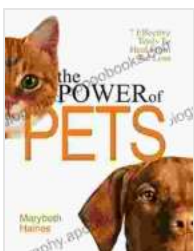
"The Power Of Pets is a beautifully written and informative book that celebrates the incredible bond between humans and animals. Dr. Hekman's research is impeccable, and her stories are both heartwarming and inspiring. This book is a must-read for anyone who loves pets or is considering getting one." - **Temple Grandin, PhD, author of *Animals Make Us Human***

"Dr. Hekman has done a masterful job of weaving together the latest research on the benefits of pet ownership with inspiring stories from people whose lives have been touched by animals. The Power Of Pets is a must-read for anyone who wants to learn more about the incredible power of the human-animal bond." - **Marc Bekoff, PhD, author of *Rewilding Our Hearts***

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The Power Of Pets is available now in hardcover, paperback, and e-book formats. Free Download your copy today and start experiencing the amazing benefits of animal companionship.

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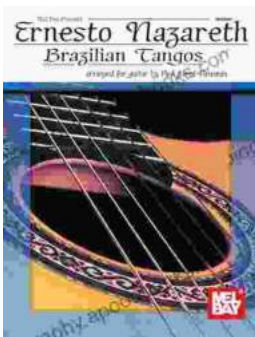
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