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Book Review

I'm too Stressed for my Dog **By** **Willow Sibert**

There are many self-help books utilizing different frameworks. Some have different theories on why the individual is stressed, while others offer different methods of dealing with stress. Most are not interactive. This book assigns homework every other page. It takes the approach that you are doing this work not for yourself, but for someone you care about deeply, namely your dog. I personally found this approach very motivating, given the amount of homework involved.

There are motivational quotes, a frequent presence in self-help books, but the dog theme does give them a refreshing twist. Instead of 'take a break when you need one', its 'When life gets ruff, hug your dog'. This is practical advice, as well as a lot more actionable and cute enough to actually stick.

The homework is all very specific as well. It isn't 'meditate once a day,' but instead it's 'What sounds do you hear when you sit quietly'. Meditation has a very positive impact on the brain, but it also is a skill, and like all skills it takes time to learn. It takes time to get to those benefits. Focusing on the sounds I can hear while sitting quietly gets me into my body and helps me to focus on my environment, without the learning curve. It's also not going to have the same level of benefits as long term meditation, but it is a start, and for many people it will still have a downregulating effect.

Am I likely to use this book every day? Unfortunately, probably not. Even for my dog, it is a lot of homework. But I may be able to start with using it once a week.