

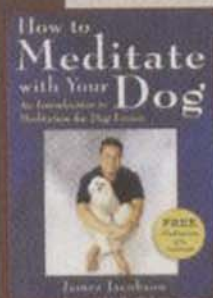


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■ **How to Meditate With Your Dog** (Maui Media, \$16.95) by lifelong meditator James Jacobson teaches a practical, “non-dogmatic” approach to meditation. In this introductory handbook, Jacobson guides readers through the process of slowing down,



calming the mind, and focusing on the present. Jacobson contends that dogs are natural medita-

tors and are happy to spend quiet time next to their meditating owners.