



Questions & Answers

MAUI MEDIA, LLC
148 KULIPU'U STREET
KIHEI, MAUI, HI 96753

TEL: 808-875-7873
FAX: 808-442-1180

Top 10 Questions People are Asking About HOW TO MEDITATE WITH YOUR DOG

1. Why should I meditate with my dog?
2. What if my dog won't meditate?
3. How do I get started?
4. What do I do if my dog distracts me?
5. I have three dogs. Can I meditate with all of them?
6. My dog is very hyper. How do I make her sit still?
7. What am I supposed to think about while I meditate?
8. How do I meditate with a brand-new puppy?
9. Can I take a walk with my dog instead of meditating?
10. How does meditation benefit me and my dog?

The answers to these questions—and any more you may be panting to ask—lie within the unique guide, **HOW TO MEDITATE WITH YOUR DOG** from Maui Media, LLC. Author James Jacobson unleashes secrets that he has used and taught for over a decade; practical tips that not only make meditation as accessible as a walk in the dog park, but also improve focus, relieve stress and enhance well-being.

HOW TO MEDITATE WITH YOUR DOG also includes a free downloadable Meditation CD complete with music and guided instruction.

**HOW TO MEDITATE WITH YOUR DOG:
An Introduction to Meditation for Dog Lovers**

By James Jacobson

with Kristine Chandler Madera

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