



100 Simple Secrets Why Dogs Make Us Happy

David Niven PhD

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Why do people who have dogs live happier, longer, and more fulfilling lives? Sociologists and veterinarians have spent years investigating the positive effects that dogs have on people's health and happiness yet their findings are inaccessible to ordinary people, hidden in obscure journals to be shared with other experts.

Now the international bestselling author of the 100 Simple Secrets series has collected the most current and significant data from more than a thousand of the best scientific studies on the profound relationship between humans and our canine companions. These findings have been boiled down to the one hundred essential ways dogs positively impact our lives. Each fact is accompanied by a inspiring true story. If you love your dog, and science tells us that you do, this book will inspire and entertain.

Around the Block: Good habits are often misunderstood as difficult or unpleasant chores. But there is tremendous value in the simple act of taking a walk. Walking not only burns calories, it also decreases stress. Having a dog means regularly taking walks – it's something you do for your dog but in truth your dog is doing for you. Dog owners walk 79 percent farther in an average week than non-dog owners.

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