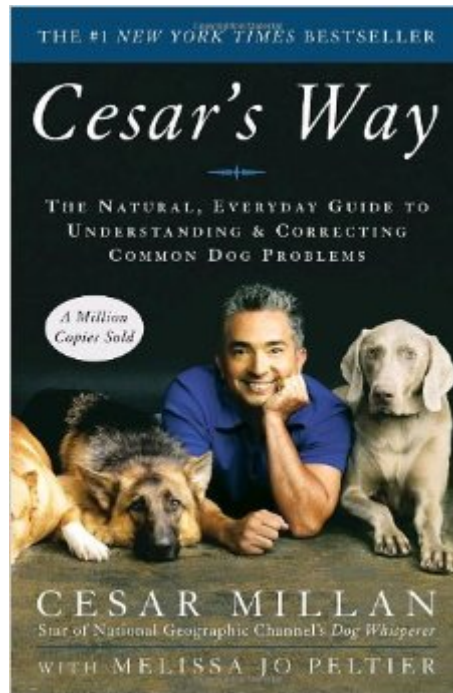


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# Cesar's Way: The Natural, Everyday Guide To Understanding & Correcting Common Dog Problems



## Synopsis

to rehabilitate dogs. I train people. • Cesar Millan There are at least 68 million dogs in America, and their owners lavish billions of dollars on them every year. So why do so many pampered pets have problems? In this definitive and accessible guide, Cesar Millan's star of National Geographic Channel's hit show Dog Whisperer with Cesar Millan reveals what dogs truly need to live a happy and fulfilled life. From his appearances on The Oprah Winfrey Show to his roster of celebrity clients to his reality television series, Cesar Millan is America's most sought-after dog-behavior expert. But Cesar is not a trainer in the traditional sense—his expertise lies in his unique ability to comprehend dog psychology. Tracing his own amazing journey from a clay-walled farm in Mexico to the celebrity palaces of Los Angeles, Cesar recounts how he learned what makes dogs tick. In Cesar's Way, he shares this wisdom, laying the groundwork for you to have stronger, more satisfying relationships with your canine companions. Cesar's formula for a contented and balanced dog seems impossibly simple: exercise, discipline, and affection, in that order. Taking readers through the basics of dog psychology and behavior, Cesar shares the inside details of some of his most fascinating cases, using them to illustrate how common behavior issues develop and, more important, how they can be corrected. Whether you're having issues with your dog or just want to make a good bond even stronger, this book will give you a deeper appreciation of how your dog sees the world, and it will help make your relationship with your beloved pet a richer and more rewarding one. Learn what goes on inside your dog's mind and develop a positive, fulfilling relationship with your best friend. In Cesar's Way, Cesar Millan's nationally recognized dog expert and star of National Geographic Channel's hit show Dog Whisperer with Cesar Millan helps you see the world through the eyes of your dog so you can finally eliminate problem behaviors. You'll learn:

- What your dog really needs may not be what you're giving him
- Why a dog's natural pack instincts are the key to your happy relationship
- How to relate to your dog on a canine level
- There are no "problem breeds," just problem owners
- Why every dog needs a job
- How to choose a dog who's right for you and your family
- The difference between discipline and punishment
- And much more!

Filled with fascinating anecdotes about Cesar's longtime clients, and including forewords by the president of the International Association of Canine Professionals and Jada Pinkett Smith, this is the only book you'll need to forge a new, more rewarding connection with your four-legged companion. Also available as a Random House AudioBook. From the Hardcover edition.

## Book Information

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## Customer Reviews

I've had dogs all my life, but this book gave me a whole new perspective. Cesar Millan's methods are based on the behavior of dogs living within packs. Packs are organized to the extent that there are pack leaders and followers. Instinctively, dogs need packs for survival, so they naturally follow the strongest and most stable dog and weed out weak, unstable dogs who threaten the effectiveness of the pack. When dogs are removed from their natural state, their pack instincts must be compensated or they become unstable. The root of most dog problems that Millan is asked to correct originate not with the dogs, but with their owners who often view their dogs as furry little people. Even those dog owners who recognize that dogs are not people, use human psychology on their dogs. This often takes the form of affection and is often given to soothe the dog when it is acting stressed. But, affection given at the wrong time, when the dog is stressed, rewards the dog's behavior and makes matters worse. Millan has several formulas that he applies to different situations. If you accept that dogs are pack animals, it all makes sense. If you want to control your dog, you have to become the pack leader. As pack leader, you cannot be unstable. You must be calm and assertive or the dog will dismiss you as the leader, though he might be fearful. As pack leader, you need to give the dog what he needs: exercise (dogs roam all day), discipline (packs are organized and the leader sets the rules, boundaries, and limitations) and affection, in that order. People often mess-up their dogs by giving affection and not much else. This results in the dog assuming, in its mind, the role of pack leader. Every pack needs a leader and if you are not it, the dog will be. Millan says that he rehabilitates dogs and trains people. Many of the situations he encounters are amusing, because some neuroses can be funny. But, once you get it (understand

what you're seeing and why it's happening), the causes of the neuroses, along with the cures, become clear. Much of the cure for dog problems is in understanding what your dog's movements are telling you and immediately acting to short circuit escalating behaviors. They telegraph virtually everything if you are attentive and understand the signals. Bad behavior can be stopped immediately by snapping them out of a state of mind that will lead, often within a second or two, to unwanted behavior. I think Millan's book is a practical and useful how-to guide and it gives you a basic understanding for building a mutually rewarding relationship with our flop-eared, furry friends.

This is a wonderful reference book and makes for good reading as well. I bought the book to give as a gift to a young couple whose dog needs some behavior modification. I planned to quickly scan through it to get an idea of its contents, wrap it up, and give it away. However, I ended up reading it word for word and will add it to our library! (I can think of several dog owners and parents who could use the concepts in this book for raising both dogs and children. I'll probably end up buying several copies as gifts.) I notice that one reviewer complained about the frequent reference to the pack leader concept Cesar writes about. Perhaps that reader is unaware that in a reference book clarification in the form of repetition is needed for those who are looking up only one or two segments at a time, such as "Rules, Boundaries, and Limitations," or "Dominance Aggression." I found Cesar's personal history and anecdotal material about him and others (Oprah Winfrey has a whole section on the relationship between her and her dog, Sophie) very interesting and enlightening. The book is clearly and concisely written. It is easy to see that Melissa Jo Peltier's writing abilities were very helpful to Cesar. Cesar was born in Culiacan, Mexico, and came here in 1990. He is now applying for U.S. citizenship. He has quite a story to tell about his childhood and his special relationship with dogs from the time he was a small boy. When he came here he noticed with dismay that American dogs had a number of "issues" related primarily to the fact that we Americans view our dogs as "four-legged humans" instead of dogs (animals). Our dogs need us to be calm-assertive pack leaders and to provide them with exercise, discipline and affection in that order. Cesar gives many illustrations of how this concept works and the fact that dogs use smell and the sixth sense of energy to evaluate other dogs and animals, including humans. I highly recommend this book to dog owners and, as mentioned earlier, to those contemplating having children or who already have children who need help. In a nation with increasing numbers of obese children, I was struck by the #1 need of dogs as stated by Cesar: EXERCISE. Perhaps, we might consider the same order of needs for our children: exercise, discipline, and affection in order to grow happy, healthy, productive human adults. Carolyn Rowe Hill

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