

## Synopsis for *Grow Young with Your Dog*

### **2-line Summary:**

*Grow Young with Your Dog* – Learn to reduce the effects of aging, arthritis and anxiety. Enrich the human-canine connection as you and your dog gain health and vitality.

### **Short Synopsis:**

*Grow Young with Your Dog* – Illustrated exercises help you and your dog move freely and reduce the risk of injury. A unique approach to human and canine well-being, this award-winning book is designed to improve human and canine health and happiness, while minimizing the effects of aging, arthritis and anxiety.

### **Medium Synopsis:**

Dog lovers want their dogs to stay happy and active for as long as possible. They also wish to feel youthful themselves, avoiding the decline in flexibility, balance and stamina that often occurs as people age. *Grow Young with Your Dog* provides a solution to both of those dilemmas. Along with inspiring stories of injured and aging dogs who recovered against all odds, this fully-illustrated, award-winning book includes innovative exercises that can improve canine and human vitality and freedom of movement. In short, *Grow Young with Your Dog* guides readers toward a more hopeful future for themselves and their canine companions.

### **Medium-Long Synopsis:**

Dog lovers want their dogs to stay happy and active for as long as possible. They also wish to feel youthful themselves, avoiding the decline in flexibility, balance and stamina that often occurs as people age. *Grow Young with Your Dog* provides a solution to both of those dilemmas. Whether you're a baby boomer with an aging dog or a millennial with a young pup, *Grow Young with Your Dog* can help you and your dog get the most out of life. The book's illustrated exercises are uniquely designed to enhance not only your dog's health and well-being, but yours as well. With this book in hand, you no longer have to choose between spending quality time with your dog and taking care of yourself.

Each chapter has engagingly written stories about Mary's work helping specific dogs overcome the effects of stroke, arthritis, hip dysplasia, torn ligaments, aging, anxiety and stiffness. These dogs – many of whom were considered hopeless cases – demonstrate that improvement is possible at virtually any age or condition.

As you do the exercises in the book, you may discover that your body moves more freely, your mind is calmer and clearer, and your spirit more joyful. Uniquely enriching the human-canine connection, *Grow Young with Your Dog* won the 2015 San Diego Book Award for Best Health Book.

### **Long Synopsis:**

Dog lovers want their dogs to stay happy and active for as long as possible. They also wish to feel youthful themselves, avoiding the decline in flexibility, balance and stamina that often occurs as people age. *Grow Young with Your Dog* provides a solution to both of those dilemmas. Whether you're a baby boomer with an aging dog or a millennial with a young pup, *Grow Young with Your Dog* can help you and your dog get the most out of life. The book's illustrated exercises are uniquely designed to enhance not only your dog's health and well-being, but yours as well. With this book in hand, you no longer have to choose between spending quality time with your dog and taking care of yourself.

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When Mary Debono was in her late 20's, she suffered from a variety of aches and pains. She had bilateral carpal tunnel syndrome that resulted in nerve damage, a very painful hip, and stiffness in her back and neck. Although more than two decades have passed since that day, Mary feels younger now than she did back then.

How did she do it? Studying a variety of approaches, Mary spent years exploring how to feel and move more youthfully. As a *Guild Certified Feldenkrais Practitioner<sup>cm</sup>* for the past 20 years, Mary learned that when we stay stuck in our habitual ways of thinking and moving we get physically stuck too. We develop sore muscles and stiff joints. We hesitate to explore new activities. We become limited in our thoughts and limited in our movements. In short, we feel old.

To grow younger, Mary released the habits that kept her stuck in unhealthy patterns, and she learned to think and act in different ways. She discovered that attention to our sensations and movements can help us function more effortlessly, even when faced with aging, arthritis or anxiety.

In *Grow Young with Your Dog*, Mary pulls back the curtain and explains how this unique approach has helped hundreds of dogs and their people enjoy a greater quality of life. In addition to describing twelve basic hands-on exercises to do with your dog, Mary guides you through ten human exercises. These gentle exercises can reduce stiffness, stress, aches and poor posture, while enhancing your flexibility, balance and coordination.

*Grow Young with Your Dog* can teach you how to:

- Reduce stress and anxiety

- Minimize the risk of injury
- Comfort the aging and infirm
- Improve athletic performance
- Enhance vitality and well-being
- Facilitate healing after injury, surgery or illness
- Cultivate a deep bond between human and canine
- Lessen the effects of arthritis, hip dysplasia and aging

Exploring the exercises in this book, you may discover that your body moves more freely, your mind is calmer and clearer, and your spirit more joyful. Uniquely enriching the human-canine connection, *Grow Young with Your Dog* won the 2015 San Diego Book Award for Best Health Book.

#### **Awards:**

Winner – Best Health and Medicine Book – 2015 San Diego Book Awards

Silver Medal – Pets Category – 2015 Living Now Book National Awards

#### **Here's what people are saying about *Grow Young with Your Dog*:**

“Mary combines an amazing knowledge of anatomy, movement, structure, behavior combined with love, empathy and observation. Best of all she is articulate and a good communicator. It will forever change how you interact with your dog and all animals, including humans!”

–**Tina Steward, D.V.M., Veterinarian, Eugene, OR**

“Mary carefully leads the reader through gentle exercises to improve their dog’s functioning and to enrich the connection between the humans and their canine companions. Each chapter has engagingly written stories about Mary’s impressive work with specific challenged animals. This is a fun and accessible hands-on book.” –**Elizabeth Beringer, Director, The Feldenkrais Institute, San Diego, CA**

“Excellent information that heals the dog and enriches the person in many ways.”

– **Brigitte Noel, author, San Diego, CA**

“I love Mary Debono’s approach for dogs and people. Her book is very informative and easy to understand.” – **Sanae Suzuki, wellness educator and author, Santa Monica, CA**

“It’s a very, very well written book, with lots of information for everyone, two- and four-footed.

– **Gary David, Ph.D., La Jolla, CA**

“The exercises are straightforward, well explained and mindful. Your dog will appreciate you using your hands in the gentle ways that Mary describes. Do the exercises for yourself and gain an understanding of why animals and humans love Mary’s work.” — **Elizabeth Sleight, Animal Practitioner, Ontario, CA**

“A must read for anyone who loves not just dogs, but all animals!” – **Debra Saum, artist, Encinitas, CA**

## 5 Points of Interest about the Book's Content:

1. Even your healthy habits can age you prematurely! Habits, whether of thought or action, can become so deeply ingrained that you no longer seek a better way to do things. Your brain runs on autopilot, diminishing mental and physical flexibility and making you feel – and act – old. In contrast, novel movements can stimulate your brain to create new neural connections, awakening your mind and body. Non-habitual thoughts and movements promote mental and physical flexibility, which enhances youthfulness and vitality.
2. *Debono Moves* are a series of gentle, novel exercises that can help you and your dog to improve flexibility, reduce stress and enhance well-being together. *Debono Moves* can also deepen and enrich the connection with your dog.
3. Do you feel that time is flying by? Engaging in novel activities can make it seem that time isn't moving so fast. Slow down and savor life by doing things in slightly different ways.
4. Create a better future for your dog. *Debono Moves* allow you to use your hands to help your dog feel better and move more easily. As Mary often says, "*An open mind and helpful hands can do much to change a dog's future.*"
5. You can create new possibilities for yourself too. Instead of believing that life follows an inevitable and uncomfortable downhill slide, take action by learning healthier ways to move and think. It will influence not only how you feel today, but also 20 or more years down the road. Empowered with curiosity and optimism, you can unlock your true potential.

## Book Details and Purchase Information

**Book Title: Grow Young with Your Dog: Learn How You and Your Canine Companion Can Feel Better at Any Age!**

**By: Mary Debono**

**Published by: Ruby Red Press**

**Available for Sale at: [Amazon](#) and [Barnes and Noble](#)**

**Retail Price for Print: \$14.97**

**Retail Price for eBook: \$9.97**

**Softcover Print ISBN: 9780990896616**

**eBook ISBN: 0990896617**

**Book Website: [www.Grow-Young-with-Your-Dog.com](http://www.Grow-Young-with-Your-Dog.com)**

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