

Healthy Dog, Healthy You in 3 Simple Steps

Award-winning book explains how dogs and their people can improve health and vitality despite arthritis, aging or anxiety.

POWAY, CA, August 11, 2016 – Dog owners whose pets are suffering from arthritis, anxiety or injuries can help their dogs feel better fast with a series of exercises designed to provide comfort and to help people bond with their pets.

Twelve step-by-step exercises are demonstrated in *Grow Young with Your Dog* (Ruby Red Press, available on [Amazon.com](https://www.amazon.com)) by Mary Debono, a certified *Feldenkrais*® Practitioner who, for more than two decades, has helped animals and their owners live happier, healthier lives.

“Every day, dogs and their owners get a little older and stiffer,” Debono said, “Most dog lovers don’t know that there are ways they can help their dogs, and themselves, feel young in mind and body.”

For example, an owner whose dog suffers from stiff legs can place their hands softly on the part of their dog’s body where the hindquarters meet the back. Put one hand softly on each side and very gently lift up towards the dog’s spine. The heels of the hands will come a little bit closer to each other. Hold this light contact for about 30 seconds, ensuring your dog’s comfort at all times.

Mary Debono has helped dogs heal completely from injuries and surgeries, move well despite arthritis and hip dysplasia, recover from a paralyzing stroke and run and play again after being classified as “too old to recover.”

Debono’s book, *Grow Young with Your Dog*, was awarded Best Health/Medicine Book in the 2015 San Diego Book Awards.

To download an infographic pdf, visit www.DebonoMoves.com/healthy-dog-in-3-simple-steps. To download the first three chapters of *Grow Young with Your Dog* and for more information on Mary and her book, please visit www.DebonoMoves.com/Media. To sign up for free health tips for animals and their people, please visit www.DebonoMoves.com/Newsletter.

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Note to Media:

If you need background, commentary, trends or story ideas about dogs, please contact Mary Debono, Mary@DebonoMoves.com or call/text 760-815-1173.

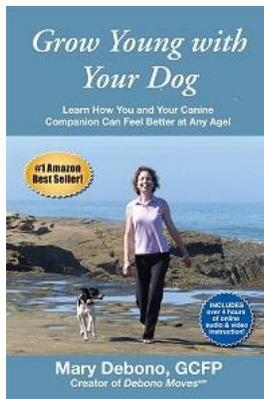
About the Author:



Mary Debono is a Certified *Feldenkrais*® Practitioner who has been helping improve the lives of animals and their people for over 20 years. The creator of *Debono Moves*, Mary travels internationally to teach people how to help their dogs, cats and horses overcome challenges such as arthritis, hip dysplasia, stroke, injuries, aging and anxiety. In addition to teaching workshops, Mary maintains a busy [private Feldenkrais Method® practice](#) for people in Encinitas, California.

Mary Debono was born in New York City and raised on Long Island. A life-long animal lover and horsewoman, she moved to California in 1992. She resides in Poway, California with her husband, horse, dog and cat. Mary's website is www.DebonoMoves.com. She can be reached at 760-815-1173 (voice/text) or Mary@DebonoMoves.com.

About the Book:



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* (Ruby Red Press, 2014, ISBN: 9780990896616, \$14.97 paperback and eBook ISBN: 0990896617 \$9.97, available on Amazon.com) 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. Visit www.Grow-Young-with-Your-Dog.com.

Review Copies and Media Interviews:

For a review copy of *Grow Young with Your Dog* or an interview with Mary Debono, please email Mary at Mary@DebonoMoves.com or call/text **760-815-1173**. When requesting a review copy, please specify pdf or paperback.

If you would like to receive this information as a Word document, please let us know.