

TOP TEN REASONS TO GET A DOG

1. **Unconditional love.**
2. **Always-available playmate.**
3. **Protector.** Whether real or imagined isn't the issue. It's a warm body for when you're scared.
4. **Meet and greeter.** Dogs are kind of like a welcome wagon to spread warmth and love in your home.
5. **Good for *feng shui*!** Dogs move energy, which helps release stagnation, something *feng shui* experts say is important for good *chi*.
6. **Exercise.** You have to walk the dog; it will get you outside.
7. **Practice "being."** Dogs seem to be able to do nothing and it somehow rubs off on you. You just get to relax naturally with them.
8. **Miracle workers.** Dogs know sometimes what you need even before you do. There are all kinds of savior stories with dogs.
9. **Fun!** Dogs love to play in the snow, roll in the grass or dirt, and hike in the woods.
10. **Our inner child.** Dogs bring out the inner child in all of us. And if that leads to greater warmth, connection, and healing, how can that not be a good thing?