

TOP TEN REASONS TO GET A DOG

1. **Unconditional love**-Dogs teach us to not only receive love but give it back in return. So many dogs need a loving home full of affection, comfort and attention.
2. **Fun!** Be Fun and take give your dog some quality playtime by being the ultimate playmate for your furry friend. Take a walk together, explore and smell the flowers, play in the snow, lay in the grass or take a hike in the woods.
3. **Learn what your dog loves...And do more of it**-Give back by discovering what makes your dog happy and spend time together. Whether that is playing fetch or snuggling on the couch.
4. **Protector.** Be your dog's protector and advocate. Maybe its ok to tell others to not touch if your dog seems wary when meeting new people or step in between what is frightening them. Reassure your dog if they're scared. ...or maybe you. Whether real or imagined isn't the issue. It's a warm body for when either of you are scared.
5. **Meet and greeter.** Dogs are kind of like a welcome wagon to spread warmth and love in your home. But make sure to give them a place of their own that's out of the way where they can see the activity of the home, but be able to relax by themselves away from others.
6. **Good for *feng shui*!** Dogs move energy, which helps release stagnation, something *feng shui* experts say is important for good *chi*.
7. **Exercise.** You have to walk the dog; it will get you outside. Take your time, explore with your dog, let them stop and smell the flowers. Let them lead the way too.
8. **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.
9. **Miracle workers.** Dogs know sometimes what you need even before you do. There are all kinds of savior stories with dogs.
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?