



Are You as Happy as Your Dog: Sure-Fire Ways to Wake Up with a Smile as Big as Your Pooch's

Alan Cohen

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Have you ever wondered if your dog knows more about joyful living than you? I met a man who told me, “For years I was so miserable that I prayed to God daily to please let me wake up as happy as my dog!” I went home and observed by dog Munchie, who is happy all the time. Munchie is the most joyful creature I have ever seen. He lives in a state of continuous delight and discovery.

It became clear to me that Munchie knew something I didn't know (or at least didn't remember). So I decided to study Munchie's attitude to see what he knew that I was missing.

Professor Munchie's lessons include:

- Love to Be a Lover
- Ask for What You Want
- Keep Your Eye on the Ball
- Give Your Heart to Someone
- Get Off the Leash Sometimes
- Dig Where the Real Bones Are
- Don't Settle for Mush
- And Dream with Your Feet Moving

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