



Dogs Don't Bite

When a Growl Will Do

What Your Dog Can Teach You about Living a Happy Life

About Author:



Weinstein was elected to the Professional Speaker's Hall of Fame by the National Speaker's Association, and was honored by Successful Meetings Magazine as one of the "21 Top Speakers for the 21st Century." His TV special "Fun Works!" was broadcast nationally on PBS. His book, *Dogs Don't Bite When a Growl Will Do* was bestseller on the "What CEOs Are Reading" list.

Luke Barber is the Minnie Stevens Piper Professor of philosophy at Richland College in Dallas, Texas, and a humorist and storyteller. Luke is the co-author with Matt of *Work Like Your Dog*.

"Learning from a dog? That is the dumbest idea I've ever heard." This is probably the common response that people first heard this book. Admittedly, our life is far more complicated and stressful than dog's: We have to family to feed, tax to pay, mortgage to watch, demanding supervisor to cope with, dedicated interpersonal relationship to develop and maintain and so on. We always feel endless and unpredictable trouble that come from nowhere; while the dog only require basic living necessities for them. However, sometimes I think the way we leading the life is the root why we cannot enjoy a happy life.



People tend to believe that our family life, social life and economical life is complicated and beyond control, and the more you want the more you feel overwhelming, and far away from happiness.

Why a dog can lead a happy life easily? Because their life is simple and goal is really reachable. So I think maybe that is the solution to our human being unhappiness: simplify your life like a dog. I do not literally mean that we get up early morning, chase our tail, and fetch a stick till the sunset. And I realized that we cannot isolate the disturbing part of life from us just by closing the door or turn off the cell phone, nor ignore annoying fact that threatening our financial or family security. However, we can still simplify our life by isolating our day, our task, our goal and then simplifying those pieces which constitute our life. Why dog is happy? Cause they never worry about stock market while walking and sniffing in the park.

PART 1 HOW DOG TREAT THE LIFE?

I am really lucky that my landlord has a three years old golden retriever in our house, one of the most friendly and happiest dogs in the world. This kind of dog is called Angle Retriever in Taiwan, China, from which we can imagine how friendly they are. Living with her provides me privilege to watch closely how a dog lives a happy life.



RULE No. 1: Happiness has no condition.

One reason most dogs are much happier than most people is that dogs aren't affected by external circumstances. On the contrary, human being are always asking how could I obtain happiness like happiness has a price tag or hidden in a maze. Our happiness can be independent of whatever "blessings" or "catastrophes" are going on in our

lives because happiness is an inner state, not an outer one.

RULE No. 2: Play is the key of happy, and being easily entertained.

The dog can chase after a stick whenever you throw it and never tired of it. One of my best friends is a typical successful company warrior: study hard to enter a top-touched university and obtained a master degree, work hard and enjoy a promising and rewarding career in invest bank; a happy family which support him to devote himself into the work. But he has one problem: “I do not know what to play after work” one day he asked me “I feel any entertainment is time-consuming, I am impatient to movie, sports game, even talk with colleagues after work.” I can see the problem here is that he lost the interest to play, and feel empty after hard work. He definitely does not want to go back to desk, but he has no clue what he can do except that. Play is not just entertainment, which is a relief from mental and psychological press. If we want to take care of ourselves at work and life, taking a spontaneous play break is the best thing we can do for our health and mental wellbeing.



As we grow older, most people seem to forget that life itself can still be endless interesting. I was always criticized for “ being childish”, just because I watch Disney Animation Movie from time to time, stop at the toy shelf when walking in Walmart, or laugh freely at a funny video. That is exactly what I need, low my entertainment point. If you claim that only travelling around world or driving a new Porche can make you happy. You may lead a miserable life for years and years, before you realize that idea ruin your life.

RULE No.3 Do Not Compare Yourself with others

Most of dogs cannot chose their life, they can neither chose stay in the warm room or chilling open yard; they cannot chose to eat pricy, healthy nutrition-balanced dog food or a pot of cold leftover from yesterday’s dinner; they cannot chose whether or when to walk outside even he was closed in the cage all day. However, dogs never compare themselves with other dogs like “His food is much better than me.” “How come she can sit on the couch and I cannot” “ Why my host never play with me like others host in the park?” Unlike dogs, every time after party and arrive back to home, they start to complain, jealous even angry: “ I wish I had a body like that new girl here” “ I worked so hard, but make much less money than that mediocre guy.” “Why can they afford such a pricy car?”



You can always make yourself feel bad if you start comparing yourself to someone else. On a given day, there will be someone smarter than you, or richer than you, or more graceful than you. But so what? Once you learn to shut off your comparing mind, you can begin to relax and look around for the things that make you happy to be where you are, instead of the things that make you miserable.

PART 2 HOW TO TREAT OTHERS?



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Rule No.1 Love is about Action

Dogs know how to love better than people: loving with action. Dogs cannot speak how deeply he loves others, but they practice love in a better way: action. It is nonsense for those claims that "My husband loves me, but he mistreats me." Or "She loves me, but she is off in her own world most of time." Meanwhile, you will never hear someone say: "My dog loves me , but she never shows me any attention.

Love is about what we do, instead of what we say. According to most of greatest spiritual teachers, four of the main actions that make up love are: bringing kindness to those we love; showing compassion on them by acting to remove their suffering; rejoicing when our loved ones are successful; and acting toward them with fairness and justice.

Rule No.2 Forgive Easily

My wife has two dogs at home, from time to time they get a horrible fight which seems never end before someone die. However, in the second day, I find them lick each other and sleep so closely that like they are tied together. Yes, dogs forgive easily.

How many people did you make a decision that never talks with them again? Hold the resentment in heart will not make things better, or make you feel more relaxing.

It is hard for a victim family to forgive a murder. But in normal days, we get mad at someone, may be just caused by misunderstanding or criticism. So next time, try to forgive those who offend you, because you are not only forgive them, but also bring peace to yourself.

Rule No. 3 Be a real friend

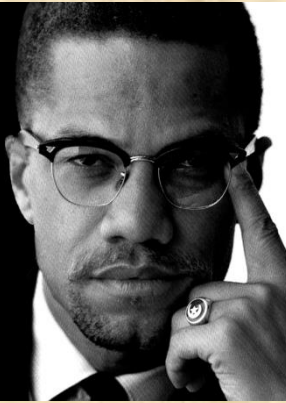


If we ask someone to jot down the virtues or traits of character that they most want to see exhibited in their best friends. Invariably traits like loyal, kind, faithful, fun-loving, optimistic, enthusiastic, and trustworthy head the lists. It will probably come as no surprises to you that they just given a pretty fair description of the family dog.

From a family dog, we can conclude how to tell a real friend. A real friend never complain about the every dinner you prepared is almost same; a real friend always ready to comfort you when you feel frustrated, although you are too busy to contact them for months; a real friend never get mad at you for you involve in their personal life. In a nutshell, a real friend care about you just like care about himself.

PART 3 FACE ADVERSITY

There is no better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time.



Adversity is part of life, one try to avoid adversity, he avoid life as well.

Do you ever see a dog get depressed for lost his snack, or favorite toy, or closed in the cage when the house has a guest? But you met plenty of people lost their faith or confidence in adversity.

Rule No.1 Keep Hoping

No matter how many time you told your dog that "You can't go" , when she is begging you at the door while you are ready off to work or travel, they never stop hoping. Because they know there is one day the magic word will be uttered "you can go"



People are easily get frustrated, screw up an interview, devoiced from 20 years marriage; lost all their savings in a risky investment. If you loss something, that is sad. But it is tragedy, if you give up all other things for that.

To be hopeful is to be always ready for something that has not yet happened. Hope is the ability to look at the compost pile and see the possibility to flowers growing there someday. Real hope can even stare death in the face and say." Life is still worth living"

Rule No. 2 Love is the Antidote to Stress

There is therapy dog in campus to help student to release the pressure, because when people pet the dogs, the stress of the day seems to melt away. Our dogs create a safe, calm, holding environment around themselves, as they silently communicate with us," Don't worry, it is all going to be okay". When we are stressed out, having physical contact with a dog is one of the best things we can do. Dogs show us that love is the antidote to stress. Our dogs can open our hearts during the times when we keep them the most tightly closed down.



For those who do not have dogs, they can always turn to their families or friends. No matter how stressful situation we are facing, the love will keep reminding us that there is always someone support you behind there.

Rule No. 3 Know When to let Go

In modern world, we see endless inspirational speech, stories and movie that encourage us to hold on, but very few of them tell us to let go. Sometimes it is misleading that a remarkable person devote everything he have into his goal, and eventually achieve that. But that is only part of the picture; there are countless people behind that story that never reach there. Courage and faith is not just chasing something high up there, is also about taking a reflection and cherish the thing you already have.

Dog is curious and love hunting any strange animals. But dog don't dwell on the past. They know when to let go of things. If the cat or rabbit was gone, it was gone. What is the point of continuing to think about it or chase after the smell? Dog always keep the mind that chasing is his nature but more importantly, he has a home to go back.

For those who keep fighting for dreams regardless of sacrifice, we respect them. Because of them, the word miracle is created. However, we need to appreciate what we have in hand and know when to let our dream go before we lost everything.

The book provides plenty of great qualities of dogs who teach human-beings to lead a happy life. It is not the external circumstances that disturbing you, but the view to the external that disturbing you. Every morning when you get up, you can choose how to start this new day: you can choose to live happily, or live in misery.

Strongly Advise:

Weinstein's speech on TED : ***What Bernie Madoff couldn't steal from me***

https://www.ted.com/speakers/matt_weinstein

