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I'll Be Home Soon: How To Prevent And Treat Separation Anxiety.



Synopsis

Figure out if your dog suffers from genuine separation anxiety or just bad manners. Then learn how to keep her happy and your home safe while our are gone. Better yet, learn to prevent problems in the first place!

Book Information

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Customer Reviews

"This little booklet saved both my life and the life of my Weimaraner, Misty. Misty's separation anxiety was so serious that she went through a glass window, badly lacerating herself in the process." --Sharon Stern and Misty the Weimaraner

Patricia McConnell, Ph.D., CAAB is an Ethologist and Certified Applied Animal Behaviorist who has consulted with cat and dog lovers for over twenty years. She combines a thorough understanding of the science of behavior with years of practical, applied experience. Her nationally syndicated radio show, *Calling All Pets*, played in over 110 cities for fourteen years. She is the behavior columnist for *The Bark* magazine (the New Yorker of Dog Magazines) and a Consulting Editor for the *Journal of Comparative Psychology*. She is Adjunct Associate Professor in Zoology at the University of Wisconsin-Madison, teaching "The Biology and Philosophy of Human/Animal Relationships." Dr. McConnell is a much sought after speaker and seminar presenter, speaking to training organizations, veterinary conferences, academic meetings and animal shelters around the world about dog and cat behavior, and on science-based and humane solutions to serious behavioral problems. She is the author of ten books on training and behavioral problems, as well as the critically acclaimed books *The Other End of the Leash: Why We Do What We Do Around Dogs*, *For*

the Love of a Dog: Understanding Emotion in You and Your Best Friend and Tales of Two Species.

I can't thank Patricia McConnell enough for this book. Our daughter had wanted a dog for 10 years, and we finally got her one. She was a sweet dog, but we immediately discovered that she had a severe case of separation anxiety. We would not have been able to keep our dog if it hadn't been for this book. This book has much helpful information, with the most valuable part being a sample schedule to follow. We followed with no deviation the sample schedule near the end of the book. It really works! Before I found this book, we had spent weeks of time and effort following advice found in books and on the internet, only to be devastated to discover that our efforts had not actually worked and we were back to square one. That is when I discovered I'll Be Home Soon in the middle of a stressful, sleepless night when I got up to look one more time on the internet for help. We were fortunate that we spend most of our time at home, since it is necessary that your dog is comfortable during the six-to-eight-week process of treating separation anxiety. In her book, Patricia McConnell has suggestions for what to do with your dog while you are at work, and she says her clients always came up with a solution. We completed the process ten months ago, and our dog knows we will be leaving when she sees us filling her Kongs. Instead of panicking, our dog is now excited when she knows we will be leaving!!!

The tips don't really translate to the real world every day life. What I've found helpful for my little pug is to leave one of his toys nearby as I leave and he grabs it and shakes the toy because he's so mad but that's it and then he is fine after a few moments (I look through the window) it's no longer an issue.

If you don't know the difference between Separation Anxiety and NOT separation anxiety, buy this. It's more of a brochure, really. My thought process was "OK, they don't have separation anxiety. Now what?" This pamphlet did not really answer this question. Do yourself a favor and invest in a trainer. I've been working with a trainer 2 hours per week on off-leash obedience (notice I did NOT say "working on not eating my house when I'm gone), and Guess What? No more chewing, no more damaged trim, no insane barking when I get home. VAST improvements.

This book is great help for people dealing with separation anxiety in dogs. It lays out a careful plan to help fix it. The "book" is short enough and focused enough to allow for a quick read to get on to implementation. It also clearly spells out the difference between try separation anxiety and bad

behaviors caused by incomplete training. It's not the dog's fault if you haven't invested enough time in proper training.

With my vet's recommendation, I purchased this book about 3 weeks ago. The book has an example schedule in the end to use. My dog has SEVERE separation anxiety, so we are following it to a "T" in order to hopefully overcome the situation. (We are combining the training with medication in hopes to eventually wean her off the meds.) We are starting week 4 today, and we are right on track with what the book says so I am hoping that in another 3 weeks she'll be most of the way cured! We definitely hit a hump on week 2 where she destroyed everything in my house though....The book takes all the information I could find on the internet about treating separation anxiety and puts it all in one place in a logical fashion. I also love the author's sense of humor which is needed when dealing with this type of dog. It also provides a good explanation for if you think your dog has separation anxiety and how to tell if it is that or just bad behavior (with tips on how to treat the bad behavior). My only problem is that I don't have anyone who I can leave my dog with while we are away at work until she is better. We just moved here so I don't know anyone yet.

Prior to my owning him, my Springer Spaniel was trained as a show dog for the first year of his life and isn't used to being alone. Poor guy has SA, but is getting better through training and acclimation. This booklet was helpful with its positive reinforcement and desensitization training tips. I've started using some and seeing some gradual improvement. We are up to one hour of being alone right now before the howling begins! I call that success.

Great tips that are not in other resources. Very specific "how to" and plan created and we have already seen a big improvement in our dog after only a couple of weeks (and we're still on step 1)! Our little dog has an extreme case of separation anxiety and nothing else has worked (Thundershirt, trainers, medications, calming treats, other plans). This is the first time we have experienced any improvement and I think it's because this little book answers all of our questions and tells us step by step what to do in detail so nothing is left for us to mess up.

This was a nice quick read. Very helpful for me since I adopted a high energy, 9 month old rescue dog recently who cried and barked every time I left the room. I was worried about separation anxiety at first but after two months he's settling in well. Based on reading this book, doing a basic obedience class, and using a baby monitor to see what the dog was doing after we left him alone at

home (some pacing, barking, howling, and crying for about 5-30 minutes, then he would go to sleep), I think he only had a little minor separation anxiety or major stress from being left alone. I began giving him treats when I leave for work and there is still one person home (but he's a little more attached to me), and then he gets bigger/better treats or a puzzle toy with food when he's left completely alone. We also make sure to exercise him a lot if he'll be at home alone for 6-7 hours for a work day, and he goes to dog daycare 2-3 days per week, which helps expend his energy, and then he's happy to sleep all day the next day or two after playing with other dogs for 6-8 hours. This book was very helpful in assessing whether my dog had minor separation anxiety and helping me to find an effective treatment plan for my dog's stress at being home alone. Now when I get my purse to leave for work, instead of breaking my heart with his puppy cries, he sits patiently near the door waiting for his treat!

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