

my pet protection with wellness plan

My Pet Protection with Wellness Plan: Peace of Mind for Your Furry Friend

Are you worried about unexpected veterinary bills for your beloved pet? Do you want to give your furry companion the best possible care, without the financial stress? Then you've come to the right place! This comprehensive guide explores the vital aspects of a "My Pet Protection with Wellness Plan," detailing what it offers, how it works, and how to choose the right plan for your pet's unique needs. We'll demystify the world of pet insurance and wellness plans, empowering you to make informed decisions and ensure your pet receives the best possible care throughout their life.

Understanding Your Pet's Needs: Beyond Basic Care

Before diving into the specifics of a My Pet Protection with Wellness Plan, let's first understand the importance of proactive pet healthcare. A simple annual check-up is just the beginning. Think about your pet's breed, age, and lifestyle. Certain breeds are predisposed to specific health issues. For example, Golden Retrievers are prone to hip dysplasia, while Persian cats are susceptible to polycystic kidney disease. Understanding these predispositions helps you tailor a wellness plan that addresses potential risks.

Beyond breed-specific considerations, think about your pet's daily routine. An active dog needs different care than a sedentary indoor cat. Their diets, exercise levels, and potential for injuries will all impact their healthcare requirements. A robust wellness plan should account for these individual needs, ensuring preventive care is tailored to minimize future problems.

What is a My Pet Protection with Wellness Plan?

A My Pet Protection with Wellness Plan is a comprehensive package designed to cover a wide range of veterinary expenses. Unlike traditional pet insurance, which primarily focuses on accident and illness coverage, a wellness plan often includes preventative care. This can encompass routine check-ups, vaccinations, dental cleanings, flea and tick prevention, and even some diagnostic testing. The specific services covered vary significantly between providers, so careful comparison is crucial.

Key Benefits of a Pet Wellness Plan

Choosing a "My Pet Protection with Wellness Plan" offers numerous benefits:

Budgeting for preventative care: Preventative care is often overlooked, but it's crucial for early disease detection and maintaining your pet's health. A wellness plan makes budgeting for these essential services easier and more predictable. You'll know what to expect financially, avoiding unexpected expenses that can strain your budget.

Early disease detection: Regular check-ups and diagnostic testing, often included in wellness plans, can help detect health problems early, when treatment is usually less expensive and more effective. Early intervention can significantly improve your pet's quality of life and longevity.

Peace of mind: Knowing your pet has access to the best preventative care provides invaluable peace of mind. You can focus on enjoying your time together, knowing that you're proactively protecting their health.

Potential long-term cost savings: While a wellness plan involves a monthly or annual fee, it can often result in significant cost savings in the long run by preventing costly illnesses and emergency treatments. Preventative care is an investment that pays off handsomely.

Access to a network of veterinary professionals: Many wellness plans offer access to a network of participating veterinarians, ensuring your pet receives high-quality care from trusted professionals.

Choosing the Right My Pet Protection with Wellness Plan: A Step-by-Step Guide

Selecting the right plan requires careful consideration:

1. **Compare Plans:** Don't settle for the first plan you find. Research different providers and compare coverage options, premiums, deductibles, and reimbursement percentages. Read reviews from other pet owners to get an idea of their experiences.

1. **Consider your pet's age and breed:** A senior pet will have different needs than a young, healthy animal. Similarly, breeds prone to specific health problems may require more extensive coverage.

1. **Understand the terms and conditions:** Carefully read the policy documents to understand what is and isn't covered. Pay close attention to exclusions, waiting periods, and reimbursement limits.

1. Check for customer service: Reliable customer service is crucial, especially when dealing with unexpected veterinary emergencies. Choose a provider known for its responsiveness and helpfulness.

1. Review the reimbursement process: How easy is it to file a claim and receive reimbursement? A streamlined process can minimize hassle during stressful times.

Maximizing the Value of Your My Pet Protection with Wellness Plan

Once you've chosen a plan, make the most of it by:

Scheduling regular check-ups: Utilize the preventative care benefits offered by your plan to maintain your pet's health.

Communicating openly with your vet: Discuss your pet's health concerns and any potential preventative measures with your veterinarian.

Keeping accurate records: Maintain accurate records of your pet's medical history, including vaccinations and treatments, to facilitate seamless claims processing.

Conclusion

Investing in a "My Pet Protection with Wellness Plan" is a smart decision for any pet owner. It provides peace of mind, promotes proactive healthcare, and can lead to significant long-term cost savings. By carefully researching and selecting the right plan, you can ensure your furry friend receives the best possible care, protecting their health and well-being for years to come. Remember, your pet's health is priceless; a wellness plan is a valuable investment in their future.

FAQs

1. What happens if my pet needs emergency care that's not covered by my wellness plan? Most wellness plans are supplemental, meaning they may not cover emergency situations. You might need additional pet insurance for emergencies or have to pay out-of-pocket. Check your plan's policy for details on emergency coverage.

1. Can I change my pet wellness plan later? Many providers allow you to change plans or adjust coverage levels annually, often with a notification period. Check your provider's terms and conditions to see what options are available to you.
1. What if my pet develops a pre-existing condition? Pre-existing conditions are typically not covered by wellness plans. This is a common exclusion, so carefully review the policy to understand what constitutes a pre-existing condition.
1. How do I file a claim? The claims process varies depending on the provider. Most have online portals or provide detailed instructions on how to submit claims. Keep all veterinary records for easy claim submission.
1. Are there different types of pet wellness plans available? Yes, there's a range of plans, from basic coverage focusing on core preventative care to more comprehensive plans that include additional services like dental cleanings or specific diagnostic tests. Compare plans carefully to find the best fit for your pet and budget.

my pet protection with wellness plan: *The Dr. Sears T5 Wellness Plan* William Sears, M.D., Erin Sears Basile, 2017-12-26 The best of today's science-based nutrition and lifestyle research is finally available in one crystal-clear plan. All you need is five steps and five weeks. Maybe you've just received a wake-up call: your own health crisis, or a sick parent or friend. Or maybe you're just tired of feeling tired and sick of feeling sick. You don't need a diet plan. You need a health transformation—from the inside out. For more than 20 years, The Baby Book author William Sears's advice has been trusted by millions of parents across the country, and around the world. Now, along with his daughter Erin, a health coach and fitness instructor who went through her own transformation, losing 70 pounds and radically improving her health, Sears turns his science-based guidance to creating better health for everyone. The Dr. Sears T5 Wellness Plan is a book for all ages and all ailments. Decrease inflammation, protect your brain and heart, strengthen your gut, balance your hormones, and even make your own medicine. The Dr. Sears T5 Wellness Plan's five-step, five-week mind and body makeover—field-tested by the authors in their medical and health-coaching practices—changes your body's biochemistry to help you feel better, look better, and enjoy the New You! From its lively illustrations to motivating transformer testimonies, T5 is fun

to read and fun to do—which means it's the program you'll stick with. Your mind and body will thank you. You Will Thrive on T5!

my pet protection with wellness plan: All My Children Wear Fur Coats Peggy R. Hoyt, 2002-05

my pet protection with wellness plan: Prevent and Reverse Heart Disease Caldwell B. Esselstyn Jr. M.D., 2008-01-31 The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease Based on the groundbreaking results of his twenty-year nutritional study, *Prevent and Reverse Heart Disease* by Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary *Forks Over Knives*. *Prevent and Reverse Heart Disease* has helped thousands across the country, and is the book behind Bill Clinton's life-changing vegan diet. The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn's program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyn's patients began to improve dramatically, and twenty years later, they remain free of symptoms. Complete with more than 150 delicious recipes perfect for a plant-based diet, the national bestseller *Prevent and Reverse Heart Disease* explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever. It will empower readers and give them the tools to take control of their heart health.

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owners, trainers, consultants, and counsellors will find this book a benchmark reference and handbook concerning positive, humane management and control of dogs. Reflecting the author's extensive work with dogs, this book promises thorough explanations of topics, and proven behavioural strategies that have been designed, tested, and used by the author. More than 50 figures and tables illustrate this unique and significant contribution to dog behaviour, training, and learning.

my pet protection with wellness plan: Puppy Start Right Kenneth M. Martin, Debbie Martin, 2011 With almost 200 pages, corresponding photos, and step-by-step instructions, Puppy Start Right is the ideal book for fostering and enhancing a "parenting relationship" among people and their dogs! This book is a great resource for all dog parents, dog trainers, puppy socialization class instructors, shelters, and adoption agencies. Whether you are raising a new puppy, have recently adopted an adolescent dog, or are living with an adult dog, Puppy Start Right is the book for you. This book sets the foundation for a lifelong partnership between you and your dog based on a mutual understanding and trust. Puppy Start Right is more than a puppy book about socialization; it's a positive approach to problem solving, prevention, and training, all without the use of force. Problem-solving topics address common behaviors of adolescent dogs, including mouthing/biting, jumping, chewing, digging, counter surfing, and stealing objects. Prevention topics include confinement/independence training, food bowl exercises, handling and restraint, and more. The book also includes: • The Developmental Life Stages of Dogs • Domestication, Social Behavior, How Dogs Perceive the World, and Canine Communication • How Dogs Learn • Positive Socialization and What to do if Your Dog is Frightened? • Applying the Problem-Solving Model to Prevent Common Behavior Problems • House Training in 5 Easy Steps • Foundation Training Exercises

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my pet protection with wellness plan: Pet Protection Legal Care Plan Mary G. Anderson, 2015-02-12 Americans love their pets, and our precious companions need to be protected, safe, and secure. The Pet Protection Legal Care Plan book, which includes the Pet Protection Customized Care Agreement, offers a simple, easy-to-follow process to help pet owners create a pet estate plan. When a Pet Trust is completed, there is a roadmap ready to provide the physical and financial care plan for your pet (just in case something unforeseen happens to the pet owner). This book also includes a link that gives the customer access to an online pet estate plan template that is easy to fill in and update. The Pet Protection Legal Care Plan offers pet owners, pet caretakers, and estate planning professionals the exact checklists and forms to easily create a legally binding pet estate plan today!

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systems, health care workers, humanitarian aid workers, long-term travelers and expatriates, and last-minute travelers ♦ Considerations for newly arrived adoptees, immigrants, and refugees Long the most trusted book of its kind, the CDC Yellow Book is an essential resource in an ever-changing field -- and an ever-changing world.

my pet protection with wellness plan: *The Psychology of the Human-Animal Bond* Christopher Blazina, Güler Boyraz, David Shen-Miller, 2011-06-22 There have been dramatic increases in the financial, emotional, and psychological investment in pets over the past four decades. The increasing importance of animal companions in people's lives has resulted in growing emphasis on the human-animal bond within academic literature. This book introduces practicing and emerging professionals to vital subject matter concerning this growing specialty area by providing an essential framework and information through which to consider the unique contextual backdrop of the human-animal bond. Such contexts include a wide array of themes including: issues of attachment and loss, success and frustration with making and sustaining connections, world views regarding animal ethics, familial history of neglect or abuse, and cultural dynamics that speak to the order of things between mankind and nature. Adopting a contextual stance will aid mental health professionals in appreciating why and how this connection has become a significant part of everyday life for many. As with any other important clinical dynamic, training and preparation are needed to gain competence for professional practice and research. To this end, an ensemble of international experts across the fields of psychology and mental health explore topics that will help both new and established clinicians increase and understanding of the various ways the human-animal bond manifests itself. Perspectives from beyond the scope of psychology and mental health such as anthropology, philosophy, literature, religion, and history are included to provide a sampling of the significant contexts in which the human-animal bond is established. What brings these divergent topics together in a meaningful way is their relevance and centrality to the contextual bonds that underlie the human-animal connection. This text will be a valuable resource that provides opportunities to deepen one's expertise in understanding the psychology of the human-animal bond.

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my pet protection with wellness plan: *Complete Cat Care* DK, 2014-02-03 This is the perfect guide to take care of cats and kittens at home. Whether you are a new cat parent or already have a feline companion at home, Complete Cat Care is ideal for all your cat needs. From making your home cat-proof and welcoming for your furry friend to essential equipment you need at home, this book covers it all. From grooming, bathing, and feeding your cat to dealing with behavioural problems, get all the advice from Complete Cat Care. Know how to spot early signs of a disease and find out about common cat disorders. This comprehensive yet accessible book will explain how to take care of a sick or an elderly cat. Also learn how to administer basic first aid to treat your cat at home and find out what to do in case of emergency. The book also provides information about breeding and how to care of a new mother and her kittens. Complete Cat Care will help you keep your cat healthy at every stage of its life.

my pet protection with wellness plan: *Guide for All-Hazard Emergency Operations Planning* Kay C. Goss, 1998-05 Meant to aid State & local emergency managers in their efforts to develop & maintain a viable all-hazard emergency operations plan. This guide clarifies the preparedness, response, & short-term recovery planning elements that warrant inclusion in emergency operations plans. It offers the best judgment & recommendations on how to deal with the entire planning process -- from forming a planning team to writing the plan. Specific topics of

discussion include: preliminary considerations, the planning process, emergency operations plan format, basic plan content, functional annex content, hazard-unique planning, & linking Federal & State operations.

my pet protection with wellness plan: *Improved Standards for Laboratory Animals Act; and Enforcement of the Animal Welfare Act by the Animal and Plant Health Inspection Service* United States. Congress. House. Committee on Agriculture. Subcommittee on Department Operations, Research, and Foreign Agriculture, 1985

my pet protection with wellness plan: The Wellness Revelation Alisa Keeton, 2017-08-08 What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In *The Wellness Revelation*, certified fitness professional Alisa Keeton will challenge you to get fit with God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. *The Wellness Revelation* will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out.

my pet protection with wellness plan: Lions and Tigers and Hamsters Mark Goldstein, 2019-05-07 From the time Dr. Mark Goldstein was a little boy—even before he had his first dog—he was fascinated by creatures both domestic and wild. After graduating veterinary school at Cornell University, he became a veterinarian in clinical practice, then director of zoos in Boston and Los Angeles, then head of a progressive humane society where he advocated for animal welfare. During his extraordinary 30-year career, Dr. Mark has accrued a lifetime of experiences working with all sorts of animals and the people who care for them. Dr. Mark's life with animals taught him more than how to be a great doctor, it taught him how to live life. The stories in this book reflect those lessons; they will make you laugh and cry as they entertain and amaze you. Each real-life experience sheds light on the challenges and hard work of the talented individuals who work in the world of animal welfare. These are stories that illustrate the tremendous impact animals have on our daily lives—they are hallmarks of the sacred importance of the human-animal bond. On your journey through the exhilarating life of Dr. Mark, you'll meet some of the finned, furred, and feathered animals who offered him invaluable insights—Harold the hamster, Sasha the Siberian tiger, St. Francis the German Shepherd, Ralph the buffalo, Gus the stallion, Frank the goldfish, and many more fascinating creatures!

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animal training can play an integral role in a veterinary health program - Provides a new section on Environment and Housing, containing chapters that focus on management considerations of housing and enrichment delineated by species - Expands coverage of regulatory oversight and compliance, assessment, and assurance issues and processes, including a greater discussion of globalization and harmonizing cultural and regulatory issues - Includes more in-depth treatment throughout the book of critical topics in program management, physical plant, animal health, and husbandry. Biomedical research using animals requires administrators and managers who are knowledgeable and highly skilled. They must adapt to the complexity of rapidly-changing technologies, balance research goals with a thorough understanding of regulatory requirements and guidelines, and know how to work with a multi-generational, multi-cultural workforce. This book is the ideal resource for these professionals. It also serves as an indispensable resource text for certification exams and credentialing boards for a multitude of professional societies Co-publishers on the second edition are: ACLAM (American College of Laboratory Animal Medicine); ECLAM (European College of Laboratory Animal Medicine); IACLAM (International Colleges of Laboratory Animal Medicine); JCLAM (Japanese College of Laboratory Animal Medicine); KCLAM (Korean College of Laboratory Animal Medicine); CALAS (Canadian Association of Laboratory Animal Medicine); LAMA (Laboratory Animal Management Association); and IAT (Institute of Animal Technology).

my pet protection with wellness plan: Made for Each Other Meg Daley Olmert, 2009 Nothing turns a baby's head more quickly than the sight or sound of an animal. This fascination is driven by the ancient chemical forces that first drew humans and animals together. It is also the same biology that transformed wolves into dogs and skittish horses into valiant comrades that would carry us into battle. Made for Each Other is the first book to explain how this chemistry of attraction and attachment flows through--and between--all mammals to create the profound emotional bonds humans and animals still feel today. Drawing on recent discoveries from neuroscience, evolutionary biology, behavioral psychology, archeology, as well as her own investigations, Meg Daley Olmert explains why the brain chemistry humans and animals trigger in each other also has a profound effect on our mental and physical well being. This lively and original investigation asks what happens when the bond is severed. If thousands of years of caring for animals infused us with a biology that shaped our hearts and minds, do we dare turn our back on it? Daley Olmert makes a compelling and scientific case for what our hearts have always known, that we were, and always will be, made for each other.

my pet protection with wellness plan: The Pillars of Health John Pierre, 2013-09-17 Have you been on every diet imaginable, yet still feel unhealthy and low on energy? Do you go to the gym religiously—for a couple of weeks at a time? Do you find yourself trying desperately to focus but unable to keep up with everything going on in your hectic life? Are you frustrated by a world that seems full of inconsiderate, unpleasant people? The Pillars of Health will help you build a strong foundation that supports you in every one of these areas. Health expert John Pierre has spent decades working with clients, including seniors, on building better nutrition, fitness, mental acuity, and compassion. Each one of these components, or pillars, is necessary for constructing a happy life overflowing with well-being—and best of all, it can be fun! In this book, you'll discover how to feel your best and have a good time doing it. Being fit and staying sharp doesn't have to be a struggle, and the tools John Pierre provides are simple and enjoyable to incorporate in your everyday routine. You'll discover the why behind each principle he presents and learn a variety of techniques that will help you build a strong, joyous life you love!

my pet protection with wellness plan: Laboratory Animal Welfare Kathryn Bayne, Patricia V. Turner, 2013-09-02 Laboratory Animal Welfare provides a comprehensive, up-to-date look into the new science of animal welfare within laboratory research. Animals specifically considered include rodents, cats and dogs, nonhuman primates, agricultural animals, avian animals and aquatic animals. The book examines the impact of experiment design and environment on animal welfare, as well as emergency situations and euthanasia practices. Readers will benefit from a review of regulations and policy guidelines concerning lab animal use, as well as information on assessing

animal welfare. With discussions of the history and ethics of animals in research, and a debate on contemporary and international issues, this book is a go-to resource for laboratory animal welfare.

my pet protection with wellness plan: Integrative Healing Ziya Altug, 2018 Tired of gyms, shakes, and the same old workouts? It's time for something that actually works! Connect your mind and body for maximum wellness with this beginner's guide to total fitness. With years of personal training and coaching experience, Z Altug shows you exactly how to achieve your goals by combining common sense and the Eastern philosophies of body movement, such as yoga, tai chi, qigong, and more.

my pet protection with wellness plan: Medical Medium Celery Juice Anthony William, 2019-05-21 Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In *Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide*, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: Healing the gut and relieving digestive disorders Balancing blood sugar, blood pressure, weight, and adrenal function Neutralizing and flushing toxins from the liver and brain Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as Is it safe to drink celery juice while pregnant or breastfeeding?, Is blending better than juicing?, and Can I take my medications with it? Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls one of the greatest healing tonics of all time.

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my pet protection with wellness plan: Occupational Therapy Practice Framework: Domain and Process Aota, 2014 As occupational therapy celebrates its centennial in 2017, attention returns to the profession's founding belief in the value of therapeutic occupations as a way to remediate illness and maintain health. The founders emphasized the importance of establishing a therapeutic relationship with each client and designing an intervention plan based on the knowledge about a client's context and environment, values, goals, and needs. Using today's lexicon, the profession's founders proposed a vision for the profession that was occupation based, client centered, and evidence based--the vision articulated in the third edition of the *Occupational Therapy Practice Framework: Domain and Process*. The Framework is a must-have official document from the American Occupational Therapy Association. Intended for occupational therapy practitioners and students, other health care professionals, educators, researchers, payers, and consumers, the Framework summarizes the interrelated constructs that describe occupational therapy practice. In addition to the creation of a new preface to set the tone for the work, this new edition includes the following highlights: a redefinition of the overarching statement describing occupational therapy's domain; a new definition of clients that includes persons, groups, and populations; further delineation of the profession's relationship to organizations; inclusion of activity demands as part of the process; and even more up-to-date analysis and guidance for today's occupational therapy practitioners. Achieving health, well-being, and participation in life through engagement in

occupation is the overarching statement that describes the domain and process of occupational therapy in the fullest sense. The Framework can provide the structure and guidance that practitioners can use to meet this important goal.

my pet protection with wellness plan: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

my pet protection with wellness plan: Animal Rescue Friends Gina Loveless, Meika Hashimoto, 2021-06-15 At the Animal Rescue Friends shelter, everyone is looking for a way to belong--kids and animals alike. From Epic! Originals, Animal Rescue Friends is a heartwarming, three-book graphic novel series filled with humor and furry friendships. Welcome to Animal Rescue Friends, where any stray can find a friendly face--furry or otherwise. This first collection of middle-grade comics includes five tales of found family: A lonely girl living in the suburbs finds happiness with a stray pit bull; a protective mama ferret and her six kits learn to trust a shelter volunteer; a shy boy stands up for himself with the help of a strong-willed bunny; a cantankerous cat helps to mend a troubled relationship; and the shelter's unofficial mascot eventually finds a home. Perfect for animal-loving kids, this adorable comics series will inspire and uplift.

my pet protection with wellness plan: Self-Compassion Dr. Kristin Neff, 2011-04-19 Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

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