

my pets wellness dallas

My Pets Wellness Dallas: Your Guide to Finding the Best Pet Care

Finding the perfect veterinary care for your beloved pet can feel like searching for a needle in a haystack. Dallas, with its bustling city life, offers a wide array of veterinary options, leaving many pet owners overwhelmed. This comprehensive guide focuses specifically on finding the right “My Pets Wellness Dallas” solution – helping you navigate the choices and discover the ideal care for your furry, feathered, or scaled friend. We’ll explore crucial factors to consider, offer tips for choosing a vet, and ultimately help you find the perfect fit for your pet’s unique needs. This isn’t just a list; it’s your personalized roadmap to exceptional pet wellness in Dallas.

Understanding Your Pet's Needs: The Foundation of Wellness

Before diving into the specifics of Dallas veterinary clinics, it's crucial to understand your pet’s individual requirements. Are you searching for a vet specializing in a particular breed or species? Does your pet have pre-existing health conditions requiring specialized care? Perhaps you need a clinic with extended hours or weekend appointments to accommodate your busy schedule. Consider these factors:

Species: Do you need a veterinarian experienced with dogs, cats, birds, reptiles, or other exotic pets? Not all clinics specialize in every animal.

Breed: Certain breeds are prone to specific health issues. A vet familiar with your pet's breed can provide proactive care and identify potential problems early on.

Age: Puppies and kittens require different care than senior pets. Look for clinics that cater to the specific age group of your pet.

Health Conditions: Existing conditions, like diabetes or allergies, necessitate a vet with expertise in

managing those specific issues.

Insurance: Check if your chosen clinic works with your pet insurance provider for seamless billing.

Emergency Services: Knowing whether the clinic offers 24/7 emergency care or has a referral network for after-hours emergencies is vital.

Choosing the Right "My Pets Wellness Dallas" Provider: Key Considerations

With a clear understanding of your pet's needs, you can start your search for the perfect "My Pets Wellness Dallas" clinic. Here are key aspects to consider:

Location and Accessibility: Choose a clinic conveniently located near your home or workplace, considering factors like parking and public transport access.

Reviews and Reputation: Online reviews on platforms like Google, Yelp, and Facebook can provide valuable insights into the clinic's reputation and client experiences. Look for consistent positive feedback regarding care, communication, and pricing.

Services Offered: Ensure the clinic offers the services your pet requires, whether it's routine check-ups, vaccinations, dental care, surgery, or specialized treatments.

Communication and Staff: A welcoming and responsive staff that communicates clearly and patiently is essential. Schedule a brief introductory visit to assess the clinic's atmosphere and the staff's approach to your pet.

Pricing and Payment Options: Transparency in pricing is crucial. Inquire about payment options and potential costs for different services to avoid unexpected expenses. Don't hesitate to ask for a price breakdown before any procedures.

Technology and Equipment: Modern veterinary clinics utilize advanced diagnostic tools and technologies. Inquire about the available equipment to ensure your pet receives the best possible care.

Exploring Dallas Veterinary Options: A Deeper Dive

Dallas boasts a plethora of veterinary options catering to diverse needs. Your search for "My Pets

"Wellness Dallas" will likely uncover numerous clinics, each with its unique strengths. Instead of listing every clinic individually (which would quickly become outdated), we'll focus on the qualities to look for. Consider searching for clinics near your area using online search engines with terms like "veterinarian near me," "animal hospital near me," or "emergency vet Dallas" depending on your urgency.

Beyond the Basics: Holistic and Specialized Care in Dallas

Many pet owners are now seeking holistic and specialized veterinary care for their pets. Dallas offers several clinics incorporating alternative therapies like acupuncture, chiropractic care, and herbal remedies alongside conventional treatments. If you're interested in these approaches, research clinics explicitly advertising these services. Likewise, for pets with specific breed-related or age-related conditions, look for specialists – ophthalmologists, dermatologists, or oncologists – to ensure specialized expertise.

Building a Long-Term Relationship with Your Chosen Vet

Selecting a veterinary clinic is not a one-time decision; it's about establishing a long-term partnership focused on your pet's wellbeing. Regular check-ups are vital for preventative care and early detection of potential health issues. Open communication with your vet is key; don't hesitate to ask questions or express concerns. A strong veterinarian-client bond is essential for ensuring your pet receives the best possible ongoing care.

Conclusion

Finding the perfect "My Pets Wellness Dallas" clinic requires careful consideration of your pet's individual needs and a thorough assessment of the available options. By prioritizing factors like location, reputation, services offered, communication, and pricing, you can confidently select a veterinary partner dedicated to your pet's health and happiness. Remember, the ideal vet is not just a healthcare provider; they're a crucial part of your pet's family.

FAQs

1. What should I do if my pet has a sudden emergency outside of clinic hours? Most clinics will have an emergency contact number or referral list for 24/7 emergency veterinary services. Be sure to check this information before an emergency arises.
1. How can I find reviews for Dallas veterinary clinics? Use online search engines and review sites such as Google Reviews, Yelp, and Facebook to find verified reviews from other pet owners.
1. What is the average cost of a routine checkup for a dog/cat in Dallas? Prices vary considerably depending on the clinic and the pet's age and breed. Contact clinics directly for an estimate.
1. Do all Dallas vets offer pet insurance options? Not all clinics directly process pet insurance claims, but many will work with common providers. Confirm their insurance policies beforehand.
1. How often should I take my pet for a routine checkup? The frequency depends on your pet's age and health status. Generally, annual checkups are recommended for adult pets, while puppies and kittens may require more frequent visits.

my pets wellness dallas: Unexpected Miracles Shawn Messonnier, 2011-06-28 A

veterinarian and an authority on holistic pet care uses case studies to demonstrate the integrative methods he has created to treat diseases that commonly afflict our pets, and highlights the courageous owners who never gave up.

my pets wellness dallas: Proceedings , 2009

my pets wellness dallas: Diseases of Dogs & Cats Veterinary Surgeon, 1893

my pets wellness dallas: Canine Reproduction and Neonatology Marthina L. Greer, 2014-12-18 Winner of Dog Writers Association of America's Dogwise Best Book Award Canine Reproduction is a practical guide for veterinarians and an information source for breeders, kennel operators and others with a financial or humane interest in the breeding and maintenance of dogs. The book focuses on the veterinarian's responsibilities for managing the prob

my pets wellness dallas: Health At Every Size Linda Bacon, Lindo Bacon, 2010-05-04 Fat isn't the problem. Dieting is the problem. A society that rejects anyone whose body shape or size doesn't match an impossible ideal is the problem. A medical establishment that equates thin with healthy is the problem. The solution? Health at Every Size. Tune in to your body's expert guidance. Find the joy in movement. Eat what you want, when you want, choosing pleasurable foods that help you to feel good. You too can feel great in your body right now—and Health at Every Size will show you how. Health at Every Size has been scientifically proven to boost health and self-esteem. The program was evaluated in a government-funded academic study, its data published in well-respected scientific journals. Updated with the latest scientific research and even more powerful messages, Health at Every Size is not a diet book, and after reading it, you will be convinced the best way to win the war against fat is to give up the fight.

my pets wellness dallas: The Dogist Elias Weiss Friedman, 2015-01-01 When Friedman moved to New York City, he missed the dogs that had surrounded him growing up. He began photographing dogs on the street, and posting them on his blog, The Dogist. Whether because of the look in a dog's eyes, its innate beauty, or even the clothes its owner has dressed it in, every portrait in this book tells a story and explores the dog's distinct character and spirit.

my pets wellness dallas: Yoga for Regular Guys Diamond Dallas Page, Craig S. Aaron, 2005 If there's one obstacle to selling wellness books to guys, it's this: none of them are written by professional wrestlers. In the nick of time, the one and only DDP-Diamond Dallas Page-steps out of the ring and onto the mat to offer Yoga for Regular Guys. Most yoga books marketed to men are earnest and straightforward. Yoga for Regular Guys brims with guy humour and an extremely irreverent attitude but still manages to pack in a legitimate, comprehensive and rigorous introduction to real yoga practice. The foreword is written by Rob Zombie of the band White Zombie.

my pets wellness dallas: DAWGS Diane Trull, Meredith Wargo, 2020-03-31 Award Winner in the Animals/Pets: Narrative Nonfiction category of the 2021 Best Book Awards sponsored by American Book Fest We can all make a difference. Elementary-school teacher Diane Trull's life-defining moment happened when her fourth-grade reading class saw a photo of a cardboard box overflowing with homeless puppies. Her young students were determined to save these lost pups and others like them. In that moment, the Dalhart Animal Wellness Group and Sanctuary—known as DAWGS—was born. How Trull and her fourth graders started their own animal shelter is a story of dedication, commitment, and perseverance. Trull shares inspiring stories about animals and animal lovers of all ages in this moving story of hope and compassion. DAWGS is a testament to how love and a strong measure of determination can offer second chances—one animal, one child, and one day at a time. "Get ready to feel a lot. This book is inspiring all along the way." —Bernadette Peters, award-winning actress "I'm blown away. I hope this story reaches thousands of readers." —Susan Wilson, New York Times bestselling author of One Good Dog "I loved DAWGS! It will inspire you and warm your heart." —Kristin von Kreisler, bestselling author of An Unexpected Grace

my pets wellness dallas: The Canine Thyroid Epidemic W. Jean Dodds, Diana Laverdure, 2011-03 Weight gain, hair loss and behavior changes are symptoms of thyroid problems. Learn how

to recognize and get treatment for this under-diagnosed and misunderstood malady. Easy to read text with color photos and case studies to help you help your dog.

my pets wellness dallas: Blue Heeler Bible And Blue Heelers Mark Manfield, 2019-06-09
Blue Heelers are a hearty breed that has an amazing work ethic and loyal to the end. This Blue Heeler book is among my favorites- as it teaches you how to maximize these traits!" Doria McKinney, Dallas, TX. Blue Heeler breed-specific. Well done on making it so catered to the history and behavior of the Blue Heeler." John Singleton, Queensland, Australia. "Great look at Blue Heelers - really illustrated for me how to handle this amazing breed, fun photos too!" Sara Winderton, Bozeman, MT. "Raising Blue Heeler puppies at the moment and it's been a great help." Sam Williamson, Denver, CO. BLUE HEELER BIBLE AND BLUE HEELERS is Your Complete Blue Heeler Book & Trusted Blue Heeler Guide! Everything is covered: from Blue Heeler History, Blue Heelers as Pets, Blue Heeler Puppies, Blue Heeler Buying, Blue Heeler Training, Blue Heeler Breeders, Blue Heeler Grooming, Blue Heeler Size, Blue Heeler Weight, Blue Heeler Personality, Blue Heeler Health & Longevity, Plus Much More! Blue Heeler Training - What Do You Need? Training can be easier than you think if you follow the easy tips laid out by the author. You will learn all the proven INSIDER BLUE HEELER SECRETS you'll need to have the very best experience with your Blue Heeler. The Blue Heeler breed which is quite unique and has some very specific traits- as you will learn within. Everything is covered from Blue Heeler breed history, finding the best Blue Heeler for your particular household, Blue Heeler Puppies and how to pick the best- and avoid the worst, Blue Heeler health and nutrition, and more! Blue Heeler Prices what can you expect to pay? Blue Heeler care and keeping your Blue Heeler healthy, as well as ensuring great Blue Heeler behavior, is all covered. Importantly, all Blue Heeler life stages are covered from Blue Heeler Puppies, to Adolescence, Blue Heeler Training, through to Adulthood and how to maximize each stage along the way. How to care for your Blue Heeler in old age- and even how to slow down the process! Whether you are considering a Blue Heeler for the first time, or a seasoned Blue Heeler owner and lover, the tricks and tips within this guide will prove invaluable for you. This book is the must-have guide for anybody passionate about the Blue Heeler! The book is written in an easy to read and understandable style. In a straight forward, no-nonsense fashion, Mark Manfield illustrates vividly all aspects of your Blue Heeler life journey you're about to take together! Blue Heelers are a hearty breed that has an amazing work ethic and loyal to the end. This Blue Heeler book is among my favorites- as it teaches you how to maximize these traits!" Doria McKinney, Dallas, TX. Blue Heeler breed-specific. Well done on making it so catered to the history and behavior of the Blue Heeler." John Singleton, Queensland, Australia. "Great look at Blue Heelers - really illustrated for me how to handle this amazing breed, fun photos too!" Sara Winderton, Bozeman, MT. "Raising Blue Heeler puppies at the moment and it's been a great help." Sam Williamson, Denver, CO.

my pets wellness dallas: Positively Unstoppable Diamond Dallas Page, 2019-01-15
World-renowned WWE Hall of Famer turned fitness guru Diamond Dallas Page wants to transform your life. After decades of helping others make radical transformations in health and fitness, Diamond Dallas knows what is really holding you back from profound life change. He has watched countless people take ownership of their lives, physically, mentally, and emotionally—and he has witnessed, time and again, the precise instant when a real and massive shift occurs in a person's attitude. In *Positively Unstoppable*, he brings his understanding of what really moves people to change and own their lives. It begins when we discover what we really want, and then commit to follow the steps that will turn that goal into a reality. Regardless of where we are at in our lives, it's possible to have a breakthrough. Filled with lessons from Page's life that share his own struggle to find his calling, overcoming one obstacle after another, *Positively Unstoppable* is a bible for anyone who needs to be re-inspired to follow their dreams and take real action towards the things that matter most to them. Page's gift of authenticity has helped him motivate those who may have lost hope, because he truly understands the incredible power of self-belief. Page includes powerful transformation stories, goal-setting guides, as well as a sample workout, eating plans and delicious gluten-free, non-GMO recipes from his wildly popular fitness program, DDPY. *Positively Unstoppable*

is your roadmap to getting “unstuck” and taking the steps needed to create a healthy, magnificent life.

my pets wellness dallas: *One Small Barking Dog* Ed Gungor, 2010-03-30 Small Is the New Big In this humorous, insistent book, Pastor Ed Gungor demonstrates that the world is changed most by ordinary people—the small dogs of the human race. Small dogs may not run the world, but neither can the world tune them out. If it weren't for small dogs, the world might be a quieter place, but it would certainly be a needier one. With chapters like Dare to Be Small, Fight the Big-Dog Lie, and The Bark of Faith, Gungor challenges the notion that earthly prominence, status, and power are essential to significance. Reminding us that small is the new big, he inspires us to fall in love with life—the everyday, normal kind—and shows us how to make an eternal difference. Living a Life That's Hard to Ignore The thing about small, barking dogs is that they can't be ignored. They may not be show-dog material or win outstanding awards, but through their persistence and insistence they make themselves known. Only a handful of people ever achieve notoriety and greatness, but the energizing truth of *One Small Barking Dog* is that every single one of us can change the world. New York Times bestselling author Ed Gungor debunks the big-dog lie and clearly teaches ordinary people how to live out their faith in a way that not only changes the world we live in now but that affects lives for eternity. By the time you finish this book, you won't be worried about being small. You'll be ready to take on the world. You'll know how to live a life that can't be ignored. Whether you've just graduated from school or you've been at this life for many years, Ed Gungor's concrete principles and simple life wisdom will show you new ways to make a big impact on your world.

my pets wellness dallas: *Siberian Husky* Lorna Winslette, 2011-08-16 The experts at Kennel Club Books present the world's largest series of breed-specific canine care books. Each critically acclaimed Comprehensive Owner's Guide covers everything from breed standards to behavior, from training to health and nutrition. With nearly 200 titles in print, this series is sure to please the fancier of even the rarest breed.

my pets wellness dallas: *Cesar's Way* Cesar Millan, Melissa Jo Peltier, 2006-08-08 Cesar Millan—nationally recognized dog expert—helps you see the world through the eyes of your dog so you can finally eliminate problem behaviors. From his appearances on *The Oprah Winfrey Show* to his roster of celebrity clients to his reality television series, Cesar Millan is America's most sought-after dog-behavior expert. But Cesar is not a trainer in the traditional sense—his expertise lies in his unique ability to comprehend dog psychology. Tracing his own amazing journey from a clay-walled farm in Mexico to the celebrity palaces of Los Angeles, Cesar recounts how he learned what makes dogs tick. In *Cesar's Way*, he shares this wisdom, laying the groundwork for you to have stronger, more satisfying relationships with your canine companions. Cesar's formula for a contented and balanced dog seems impossibly simple: exercise, discipline, and affection, in that order. Taking readers through the basics of dog psychology and behavior, Cesar shares the inside details of some of his most fascinating cases, using them to illustrate how common behavior issues develop and, more important, how they can be corrected. You'll learn: • What your dog really needs may not be what you're giving him • Why a dog's natural pack instincts are the key to your happy relationship • How to relate to your dog on a canine level • There are no “problem breeds,” just problem owners • How to choose a dog who's right for you and your family • The difference between discipline and punishment • And much more! Filled with fascinating anecdotes about Cesar's longtime clients, and including forewords by the president of the International Association of Canine Professionals and Jada Pinkett Smith, this is the only book you'll need to forge a stronger, more rewarding connection with your four-legged companion.

my pets wellness dallas: *The Circadian Code* Satchin Panda, PhD, 2018-06-12 When we eat may be as important as what we eat. Like most people, you probably wake up, get hungry for meals and doze off in bed around the same time every day. If you've ever experienced jet lag or pulled an all-nighter, you know that this schedule can easily be thrown off kilter. But for some people, that imbalance—difficulty sleeping at night, hunger at odd times, or sudden fatigue at noon—is a constant. If you're one of those people, Dr. Satchin Panda, one of the leading researchers on

circadian rhythms, has a plan to reset your body clock. Beginning with an in-depth explanation of the circadian clock—why it's important, how it works, and how to know it isn't working—The Circadian Code outlines lifestyle changes to make to get back on track. It's a concrete plan to enhance weight loss, improve sleep, optimize exercise, and manage technology so that it doesn't interfere with your body's natural rhythm. Dr. Panda's life-changing methods show you how to prevent and reverse ailments like diabetes, cancer, and dementia, as well as microbiome conditions like acid reflux, heartburn, and irritable bowel disease.

my pets wellness dallas: *Hear Them Speak* Babette De Jongh, 2019

my pets wellness dallas: Clinical Case Studies for the Family Nurse Practitioner Leslie Neal-Boylan, 2011-11-28 Clinical Case Studies for the Family Nurse Practitioner is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

my pets wellness dallas: *Herbs for Pets* Mary L. Wulff, Greg L. Tilford, 2011-04-19 Herbs for Pets, by herbalists and holistic experts Gregory L. Tilford and Mary L. Wulff, is the bible for all pet owners looking to enhance their companion animals' lives through natural therapies. Now in its second revised edition, Herbs for Pets is an indispensable resource, an exhaustive compendium of medicinal plants and natural remedies that hosts an illustrated tour through Western, ayurvedic, and Chinese herbs that grow in North America, including their holistic applications and contraindications, and alternative approaches to treating a wide range of ailments. Remedies in the book are applicable to dogs and cats, as well as birds, small mammals, and even farm animals. The book is organized into three chapters, the first is dedicated to the "Principles and Practices of Herbalism," discussing the many facets of herbs, concerns about toxicity, basic herbal preparation, the ethical use of herbs, the connection between herbs and diet, and using herbs as dietary supplements. Chapter 2, titled "Materia Medica: An A-Z Guide to Herbs for Animals," is an exhaustive 150-page section presenting color photographs and text about the appearance, habitat and range, cycle and bloom season, parts used, primary medicinal activities, strongest affinities, common uses, availability, propagation and harvest, alternatives and adjuncts, and cautions and comments for 65 different herbs (from Alfalfa to Yucca!). The common uses section is extensive for each herb, discussing the nutrient value, various qualities, and ways in which the herb is used for specific treatments. The third chapter of the book is titled "An Herbal Repertory for Animals: Ailments and Treatments" and details remedies for the following: anxiety, nervousness, and behavioral problems; arthritis and hip dysplasia; cancer; cardiovascular problems; digestive system problems; ear problems; elderly animal care; endocrine system and related problems; epilepsy, convulsions, and seizures; eye problems; first aid, immune system care; mouth and nose problems; parasite-related problems; pregnancy and lactation; skin problems; and urinary problems. The authors share over two dozen herbal remedies for various ailments, from asthma and pneumonia to constipation and eye cleaner. A glossary of over 200 terms is included, as are references and a comprehensive index.

my pets wellness dallas: *Good Dog* Randal Ford, 2020-10-06 Whether a rescue or a show dog, a pedigree or a mutt, you can't help falling in love with Randal Ford's dog portraits, as each evokes the unparalleled bond we feel for our greatest companions. Randal Ford now focuses his portraiture lens on the one species that has been by our side for millennia: our best friend. Good Dog captures the warmth, humor, and unconditional love that is at the heart of every dog. From mutts beaming with charisma and charm to show dogs exuding grace and elegance, Ford's 150 dog portraits bring out the dog lover in all of us. With a compelling essay by W. Bruce Cameron, this warm, tender, playful, and heartfelt collection of dog portraits gives us a beautiful look into the lives of our most cherished companions. Proceeds from the sale of this book will benefit Emancipet. Since 1999,

Emancipet has been on a mission to make veterinary care affordable and accessible for everyone. They have spayed or neutered more than 350,000 dogs and cats, and in 2019 cared for more than 170,000 pets.

my pets wellness dallas: Moose the Worry Mutt Goes to Doggie Daycare Jaime Crowley, Kristen Ohlenforst, 2016 Moose is a lovable chocolate lab with an enthusiasm for tennis balls, bones, and all things squirrel, is a chronic worrier. This is the story of Moose's first day at doggie daycare.

my pets wellness dallas: *The Ministry of Healing* Ellen Gould Harmon White, 1909 This book has been around a while. Since it was first published, a lot of other books about health have come and gone. Some of them have been bigger than this one, but none of them have ever been better. Perhaps you have noticed the explosion in diet and exercise publications. Today it is obvious that the pursuit of health and fitness is more than just a quick fad. Looking and feeling good isn't optional, for many people these days, it's a high lifestyle priority. The Ministry of Healing is a book that crusades for total fitness, not just physical fitness because we are human beings and are more than just bodies. This book speaks to the needs of the whole person, body, mind and spirit. For a whole lot less than one visit to the Doctor, this classic on health will tell you how to manage stress, get well and prevent disease while feeling vibrantly alive. - The True Medical Missionary. The Work of the Physician. Medical Missionaries and Their Work. The Care of the Sick. Health Principles. The Home .The Essential Knowledge. The Worker's Need. Scripture Index. General Index

my pets wellness dallas: *Antifungal Therapy* Mahmoud Ghannoum, John R. Perfect, 2016-04-19 A concise one-stop-practical reference for the various physicians dealing with fungal infections, Antifungal Therapy appeals to infectious disease physicians, transplant surgeons, dermatologists, and intensivists, as well as basic scientists and pharmaceutical company researchers interested in the state of antifungal therapy. This book provides a c

my pets wellness dallas: *Who's that Scratching at My Door?* Amanda Leslie, 2001 Can you guess which animal is growling, munching, roaring, squeaking, giggling, tweeting, croaking and scratching at each door?

my pets wellness dallas: Fit Men Cook Kevin Curry, 2018-12-04 The fitness influencer and creator of the #1 bestselling Food & Drink app, FitMenCook, shares 100 easy, quick meal prep recipes that will save you time, money, and inches on your waistline—helping you to get healthy on your own terms. We like to be inspired when it comes to food. No one enjoys cookie-cutter meal plans, bland recipes, or eating the same thing every day. Instead of worrying about what to eat and how it's going to affect our bodies, we should embrace food freedom—freedom to create flavorful meals, but in a more calorie-conscious way; freedom to indulge occasionally while being mindful of portions; and freedom to achieve wellness goals without breaking the bank. In Fit Men Cook, Kevin Curry, fitness expert and social media sensation with millions of followers and hundreds of thousands of downloads on his app, shares everything you need to live a healthy life each day—from grocery lists to common dieting pitfalls to his ten commandments of meal prep—as well as his personal story of overcoming depression and weight gain to start a successful business and fitness movement. This guide also includes 100+ easy and flavorful recipes like Southern-Inspired Banana Corn Waffles, Sweet Potato Whip, Juicy AF Moroccan Chicken, and many more to help you plan your week and eat something new and nutritious each day. With Fit Men Cook, you can create exciting, satisfying meals and be on your way to losing weight for good. After all, bodies may be sculpted at the gym, but they are built in the kitchen.

my pets wellness dallas: *Survival of the Friendliest* Brian Hare, Vanessa Woods, 2020-07-14 A powerful new theory of human nature suggests that our secret to success as a species is our unique friendliness “Brilliant, eye-opening, and absolutely inspiring—and a riveting read. Hare and Woods have written the perfect book for our time.”—Cass R. Sunstein, author of *How Change Happens* and co-author of *Nudge* For most of the approximately 300,000 years that Homo sapiens have existed, we have shared the planet with at least four other types of humans. All of these were smart, strong, and inventive. But around 50,000 years ago, Homo sapiens made a cognitive leap that gave us an edge over other species. What happened? Since Charles Darwin wrote about “evolutionary fitness,”

the idea of fitness has been confused with physical strength, tactical brilliance, and aggression. In fact, what made us evolutionarily fit was a remarkable kind of friendliness, a virtuosic ability to coordinate and communicate with others that allowed us to achieve all the cultural and technical marvels in human history. Advancing what they call the “self-domestication theory,” Brian Hare, professor in the department of evolutionary anthropology and the Center for Cognitive Neuroscience at Duke University and his wife, Vanessa Woods, a research scientist and award-winning journalist, shed light on the mysterious leap in human cognition that allowed *Homo sapiens* to thrive. But this gift for friendliness came at a cost. Just as a mother bear is most dangerous around her cubs, we are at our most dangerous when someone we love is threatened by an “outsider.” The threatening outsider is demoted to sub-human, fair game for our worst instincts. Hare’s groundbreaking research, developed in close coordination with Richard Wrangham and Michael Tomasello, giants in the field of cognitive evolution, reveals that the same traits that make us the most tolerant species on the planet also make us the cruelest. *Survival of the Friendliest* offers us a new way to look at our cultural as well as cognitive evolution and sends a clear message: In order to survive and even to flourish, we need to expand our definition of who belongs.

my pets wellness dallas: The Care and Keeping of You Journal Cara Natterson, 2013-02-26 This companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what’s happening to their bodies--and their feelings about it.

my pets wellness dallas: It Starts With Food Dallas Hartwig, Melissa Hartwig, 2014-07-29 *It Starts With Food* outlines a clear, balanced, sustainable plan to change the way you eat forever—and transform your life in profound and unexpected ways. Your success story begins with the Whole30®, Dallas and Melissa Hartwig’s powerful 30-day nutritional reset. Since 2009, their underground Whole30 program has quietly led tens of thousands of people to weight loss, enhanced quality of life, and a healthier relationship with food—accompanied by stunning improvements in sleep, energy levels, mood, and self-esteem. More significant, many people have reported the “magical” elimination of a variety of symptoms, diseases, and conditions in just 30 days, such as those associated with diabetes, high cholesterol, high blood pressure, obesity, acne, eczema, psoriasis, chronic fatigue, asthma, sinus infections, allergies, migraines, acid reflux, Crohn’s, celiac disease, IBS, bipolar disorder, depression, Lyme disease, endometriosis, PCOS, autism, fibromyalgia, ADHD, hypothyroidism, arthritis, and multiple sclerosis. Now, Dallas and Melissa detail not just the “how” of the Whole30, but also the “why,” summarizing the science in a simple, accessible manner. *It Starts With Food* reveals how specific foods may be having negative effects on how you look, feel, and live—in ways that you’d never associate with your diet. More important, they outline their lifelong strategy for eating Good Food in one clear and detailed action plan designed to help you create a healthy metabolism, heal your digestive tract, calm systemic inflammation, and put an end to unhealthy cravings, habits, and relationships with food. Infused with the Hartwigs’ signature wit, tough love, and common sense, *It Starts With Food* is based on the latest scientific research and real-life experience, and includes testimonials, a detailed shopping guide, a meal-planning template, a Meal Map with creative, delicious recipes, and much more.

my pets wellness dallas: Veterinary Disaster Response Wayne E. Wingfield, Sally B. Palmer, 2009-04-14 *Veterinary Disaster Response* is the essential guide to disaster training, preparation, planning, and recovery. The book takes a question-and-answer format to promote understanding and outline the steps for veterinary response to natural and man-made disasters. *Veterinary Disaster Response* is a must-have reference for anyone involved in disaster medicine, including veterinarians, veterinary technicians, veterinary students, animal control and shelter personnel, search and rescue personnel, and emergency response teams.

my pets wellness dallas: The Humane Economy Wayne Pacelle, 2016-04-19 A major new exploration of the economics of animal exploitation and a practical roadmap for how we can use the marketplace to promote the welfare of all living creatures, from the renowned animal-rights

advocate Wayne Pacelle, President/CEO of the Humane Society of the United States and New York Times bestselling author of *The Bond*. In the mid-nineteenth century, New Bedford, Massachusetts was the whaling capital of the world. A half-gallon of sperm oil cost approximately \$1,400 in today's dollars, and whale populations were hunted to near extinction for profit. But with the advent of fossil fuels, the whaling industry collapsed, and today, the area around New Bedford is instead known as one of the best places in the world for whale watching. This transformation is emblematic of a new sort of economic revolution, one that has the power to transform the future of animal welfare. In *The Humane Economy*, Wayne Pacelle, President/CEO of the Humane Society of the United States, explores how our everyday economic decisions impact the survival and wellbeing of animals, and how we can make choices that better support them. Though most of us have never harpooned a sea creature, clubbed a seal, or killed an animal for profit, we are all part of an interconnected web that has a tremendous impact on animal welfare, and the decisions we make—whether supporting local, not industrial, farming; adopting a rescue dog or a shelter animal instead of one from a “puppy mill”; avoiding products that compromise the habitat of wild species; or even seeing Cirque du Soleil instead of Ringling Brothers—do matter. *The Humane Economy* shows us how what we do everyday as consumers can benefit animals, the environment, and human society, and why these decisions can make economic sense as well.

my pets wellness dallas: Guy Stuff Cara Natterson, 2017-08-08 A real pediatrician and the author of the bestselling *Care & Keeping of You* series provides tips, how-tos, and facts about boys' changing bodies that will help them take care of themselves. Full color.

my pets wellness dallas: Compassion Fatigue in the Animal-care Community Charles R. Figley, Robert G. Roop, 2006

my pets wellness dallas: Renovated Jim Wilder, 2020-04-21 Outreach Magazine's 2021 Resource of the Year in the Church Category Christianity tends to focus on beliefs and choices as the keys for personal growth. But biblical evidence and modern brain science tell a different story. Combining faith with the latest developments in neuroscience and psychology, *Renovated* offers a groundbreaking and refreshing perspective of how our attachment to God impacts our minds and hearts. You'll find that our spiritual growth is about more than just what we believe—it's about who we love. Drawing from conversations he had with Dallas Willard shortly before Dallas's death, Jim Wilder shows how we can train our brains to relate to God. Transformative and encouraging, this book offers practical insight for deepening your relationship with God through the wondrous brain and soul that He has given you. “Elegant, clear and bountiful in hope . . . if transformation for yourself and your community is what you seek, I can think of no better place to start.” —Curt Thompson, author of *Anatomy of the Soul* “Jim Wilder offers genuine hope. He uniquely combines the truth of Scripture with the truth in developing brain science to give us a path of renewal and restoration.” —Dudley Hall, president of Kerygma Ventures “A breakthrough on so many levels. *Renovated* is a must-read for everyone who is serious about discipling people and seeing life transformation.” —Bob Roberts, pastor and founder of GlocalNet

my pets wellness dallas: The Addicted Lawyer Brian Cuban, 2017-08-29 Brian Cuban was living a lie. With a famous last name and a successful career as a lawyer, Brian was able to hide his clinical depression and alcohol and cocaine addictions—for a while. Today, as an inspirational speaker in long-term recovery, Brian looks back on his journey with honesty, compassion, and even humor as he reflects both on what he has learned about himself and his career choice and how the legal profession enables addiction. His demons, which date to his childhood, controlled him through failed marriages and stays in a psychiatric facility, until they brought him to the brink of suicide. That was his wake-up call. This is his story. Brian also takes an in-depth look at why there is such a high percentage of problematic alcohol use and other mental health issues in the legal profession. What types of therapies work? Are 12-step programs the only answer? Brian also includes interviews with experts on the subject as well as others in the profession who are now in recovery. *The Addicted Lawyer* is both a serious study of addiction and a compelling story of redemption.

my pets wellness dallas: Treating Separation Anxiety In Dogs Malena DeMartini-Price,

CTC, 2014-04-21 Committed trainers and owners can solve this problem!
 Treating separation anxiety in dogs is not quick or easy—but it can be done. The successful ingredients are cooperation, commitment and time on the part of the dog trainer and the owners. In this important new book, author Malena DeMartini-Price shares her 5 Phase Treatment Protocol and related strategies to help dogs overcome the fear of being left alone and addresses the trauma it can inflict on both the dog and their owners. Trainer handouts, detailed step-by-step training tips and a sample initial interview questionnaire are included.

 Learn about:
 • The critical role that “suspending absences” plays in the early part of the treatment plan and how owners and trainers can make this more manageable.
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 • How technology, including remote feeding devices and web cams, can be used to monitor a dog’s progress in overcoming his fear of being left alone.

my pets wellness dallas: *Inner Engineering* Sadhguru, 2016-09-20 NEW YORK TIMES BESTSELLER • Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. “A loving invitation to live our best lives and a profound reassurance of why and how we can.”—Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means “dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life.” The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. *Inner Engineering* presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy.

my pets wellness dallas: *Rituals of Healing* Jeanne Achterberg, 1994

my pets wellness dallas: *Food Pets Die for* Ann N. Martin, 2008 The commercial pet food industry has a secret to hide -- and Ann Martin wants to make sure you know it. Her research reveals some startling facts: that the pet food industry conducts animal testing in order to improve their product, and includes euthanized cats and dogs in the mix to heighten protein content. In this revised and updated edition, Martin continues to explore the shocking processes by which commercial pet foods are produced. She offers alternative recipes for feeding pets, nutritional advice, and an exploration of Pet Peeves, in which she explores several scams aimed at pet owners. This groundbreaking book gives us a glimpse into exactly what we are doing when we buy pet food.

my pets wellness dallas: *The Care & Keeping of You 2* Cara Natterson, 2013-02-26 For use in schools and libraries only. A compassionate and practical reference for older adolescent girls shares advice for managing physical and emotional challenges, covering topics ranging from menstruation and body changes to personal care and peer pressure.

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are in control of your health and your life. Where people around you tell you how great and happy you look. In the new age of information, it can be hard to stay up to date, let alone implement the lifestyle changes necessary to live well. Wouldn't it be nice for someone to put it all together for you and give you a prescription for wellness, AND even the steps to implement it? Hack Your Health Habits will help you: -Simplify confusing health information, and deciphering what is real and what is hype. -Save tons of time by cutting to the chase and providing actionable health solutions. -Learn how to think critically and personalize your health decisions. -Stay current with the latest advancements in natural health. -Spark your motivation and keep you accountable.

my pets wellness dallas: [AllAnimals](#) , 2003

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