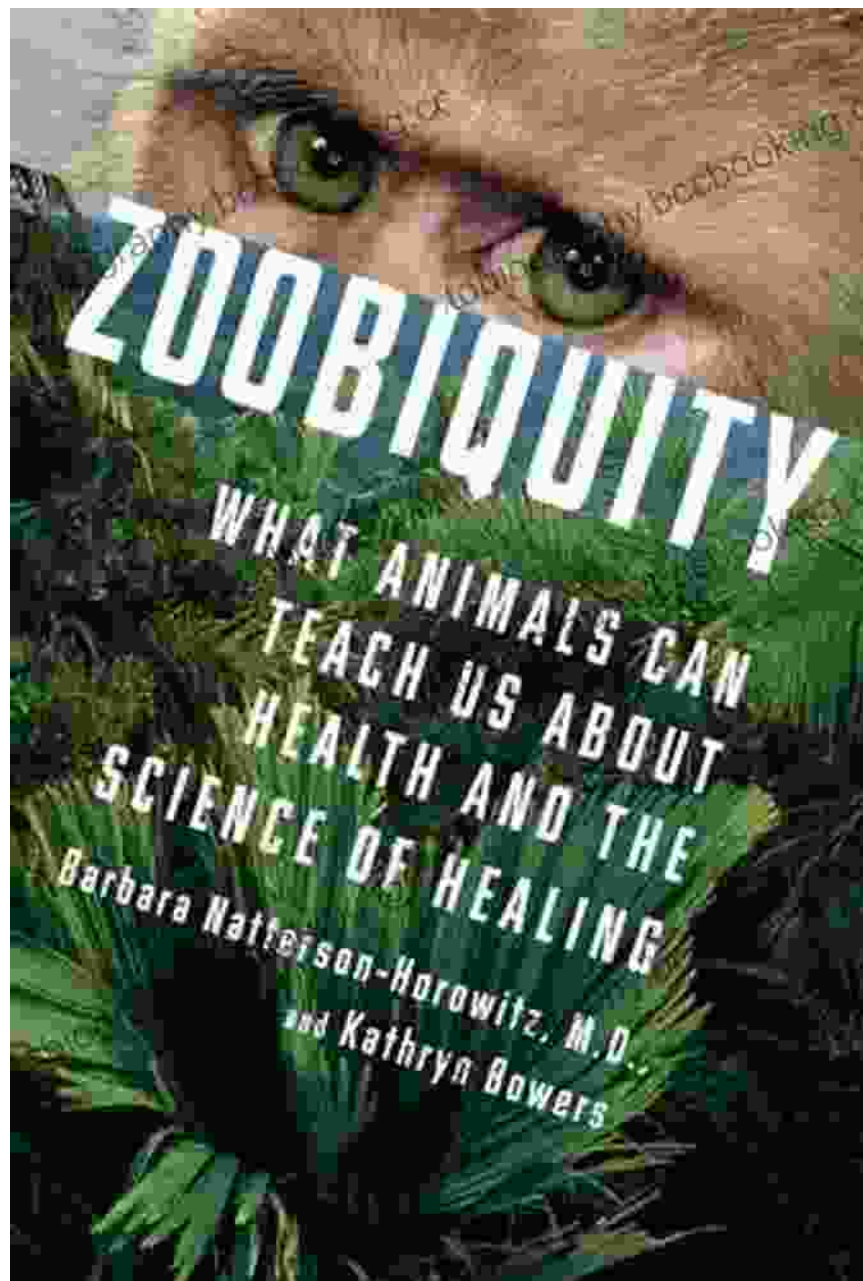
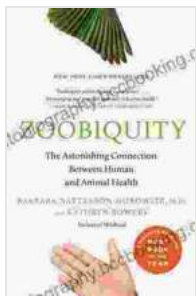


What Animals Can Teach Us About Health and the Science of Healing by Sarah Richards

Disclaimer: This article is not intended as a substitute for medical advice. Always consult with a qualified healthcare professional before making any decisions about your health or treatment.



In her new book, *What Animals Can Teach Us About Health and the Science of Healing*, Sarah Richards explores the surprising ways that animals can help us understand our own health and well-being. Drawing on cutting-edge research and personal anecdotes, Richards shows how animals can offer us insights into everything from the importance of social connection to the power of play.



Zoobiquity: What Animals Can Teach Us About Health and the Science of Healing by Barbara Natterson-Horowitz

★★★★☆ 4.7 out of 5

Language	: English
Hardcover	: 400 pages
Item Weight	: 1.49 pounds
Dimensions	: 6 x 1.09 x 9 inches
File size	: 2938 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 451 pages



Richards begins her book by introducing us to a cast of animal characters, each of whom has something unique to teach us about health. There's Oscar, the dog who helps his owner manage her anxiety, and Elsa, the elephant who teaches us about the importance of touch. There's also Henry, the horse who helps children with autism learn to connect with others, and Luna, the cat who helps her owner heal from a traumatic brain injury.

Through these stories and many others, Richards shows how animals can help us:

- Reduce stress and anxiety
- Boost our immune system
- Improve our cardiovascular health
- Reduce pain
- Heal from trauma

Richards also explores the science behind the healing power of animals. She explains how animals can release oxytocin, a hormone that has calming and bonding effects. She also discusses the role of animals in providing social support, which is essential for our physical and mental health.

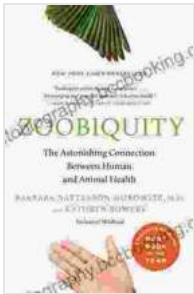
[_What Animals Can Teach Us About Health and the Science of Healing_](#) is a fascinating and inspiring book that will change the way you think about animals and their role in our lives. If you're looking for ways to improve your health and well-being, this book is a must-read.

Here are some additional benefits of reading [_What Animals Can Teach Us About Health and the Science of Healing_](#):

- You'll learn about the latest research on the healing power of animals.
- You'll be inspired by stories of people who have been helped by animals.

- You'll discover ways to incorporate animals into your own life for better health.

If you're ready to learn more about the healing power of animals, Free Download your copy of What Animals Can Teach Us About Health and the Science of Healing today.



Zoobiquity: What Animals Can Teach Us About Health and the Science of Healing

by Barbara Natterson-Horowitz

★★★★☆ 4.7 out of 5

Language	: English
Hardcover	: 400 pages
Item Weight	: 1.49 pounds
Dimensions	: 6 x 1.09 x 9 inches
File size	: 2938 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 451 pages



Rediscover the Old Testament with a Captivating Graphic Novel

Prepare to embark on an extraordinary literary journey as you dive into the pages of Brick Bible Presents: New Spin on the Old Testament. This captivating graphic novel...



The Christmas Story: The Brick Bible for Kids

LEGO® Bricks Meet the Nativity Prepare your children for the magic of Christmas with The Brick Bible for Kids: The Christmas Story. This beloved...