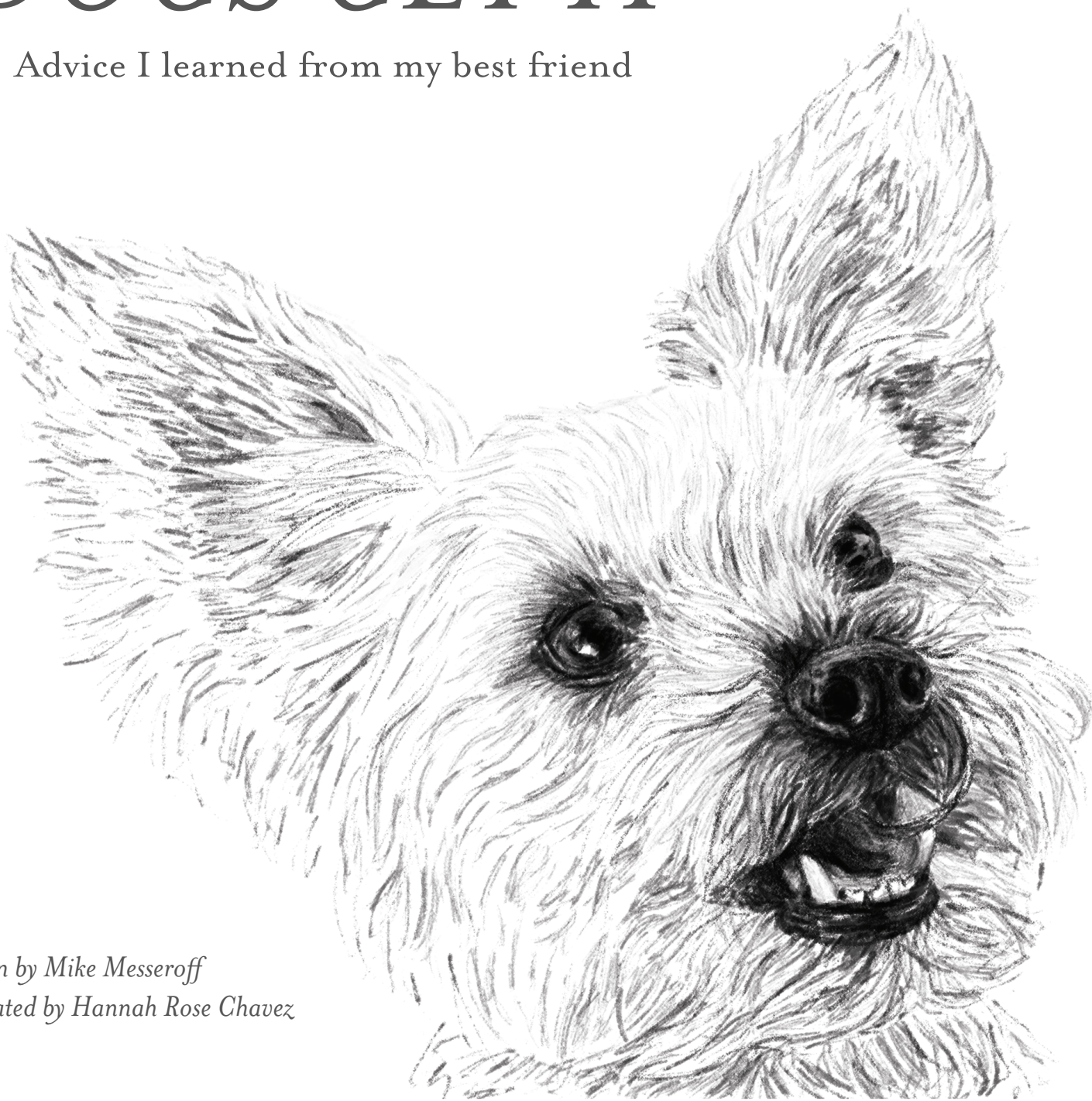


DOGS GET IT

Advice I learned from my best friend



Written by Mike Messeroff

Illustrated by Hannah Rose Chavez

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Dogs Get It
Advice I Learned From My Best Friend
Coloring Book Edition

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To: _____

From: _____

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Thank you all.

Finally, to Alisa...I never believed in angels until the day I realized I am married to one. Your passion for life, uplifting attitude, guidance, bravery, individuality, and support has helped me become the person I am today and I can never thank you enough.

Dedication

To Rocky...my son and best friend.
You really do get it, and I'm grateful that I finally caught on.

Enjoy the wind in your face.

Dogs and humans alike
want to be free and at ease.

So roll down
your window

and take in that breeze...



Bask in the sunlight.

A moment spent
basking in the sun,
is a moment savored
long after it's done.



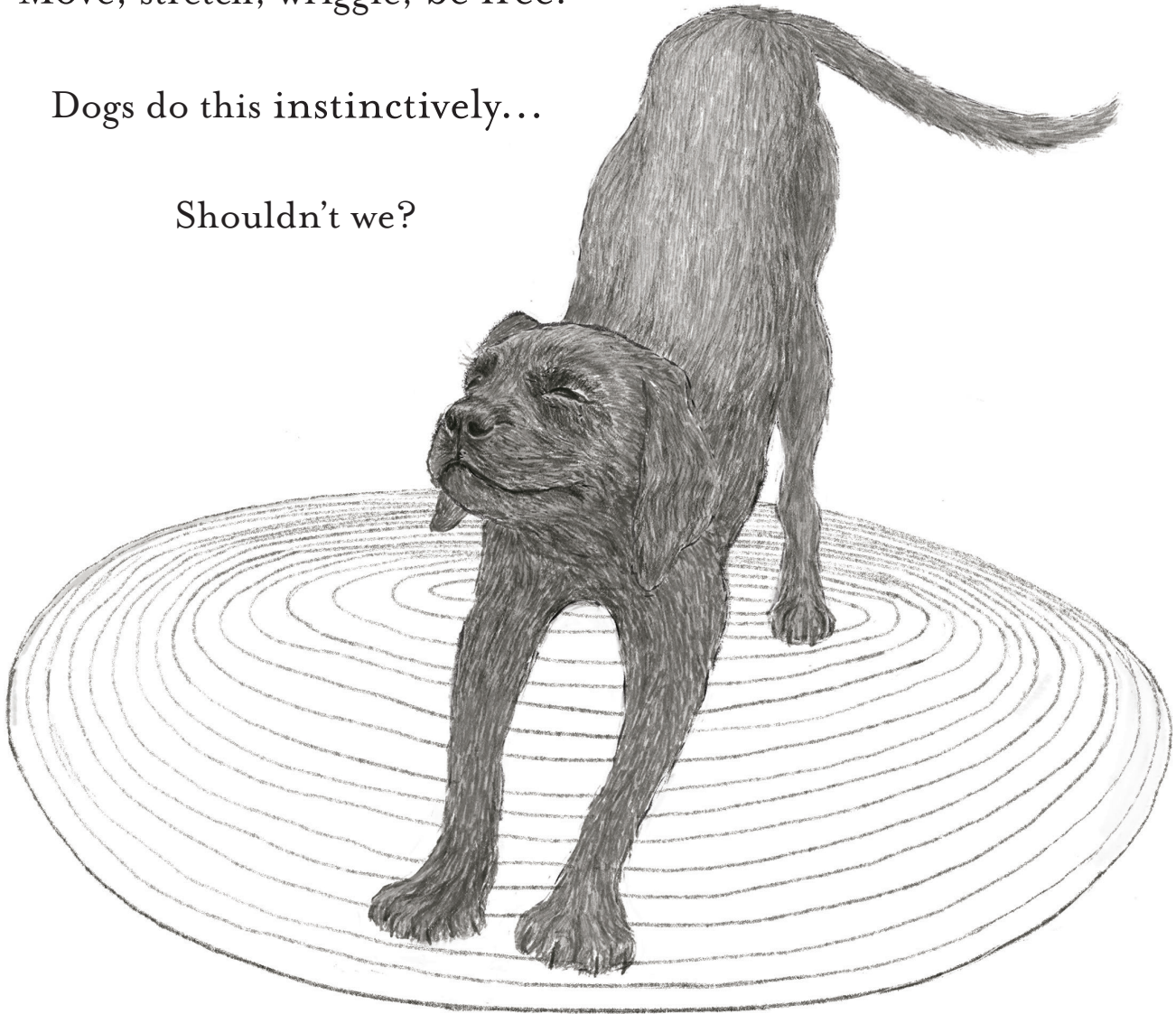
Stretch every day.

Listen to your body.

Move, stretch, wriggle, be free!

Dogs do this instinctively...

Shouldn't we?



Wake up excited.

Happy dogs know that each new day,
can mean an adventure is on the way.
So if you wish to wake up eager,
to live life and not just get through it,
figure out what makes you happy
and invest time to make sure that you do it!



Kiss a lot.



When it comes to affection,
some give hugs...others give licks.
However you do it, show you care often...
and make it a habit that sticks.

YOU

are

the

only one

who

knows

what

you're

thinking.



Dogs do this naturally,

and don't take any credit.

So make it clear what you want,

and you'll usually get it.

Spread joy.



If all you give today
is a nod or a smile,
you'll make someone's day,
and you'll do it with style.

Be quick to make friends.



If it feels right, go ahead and *take a chance*.

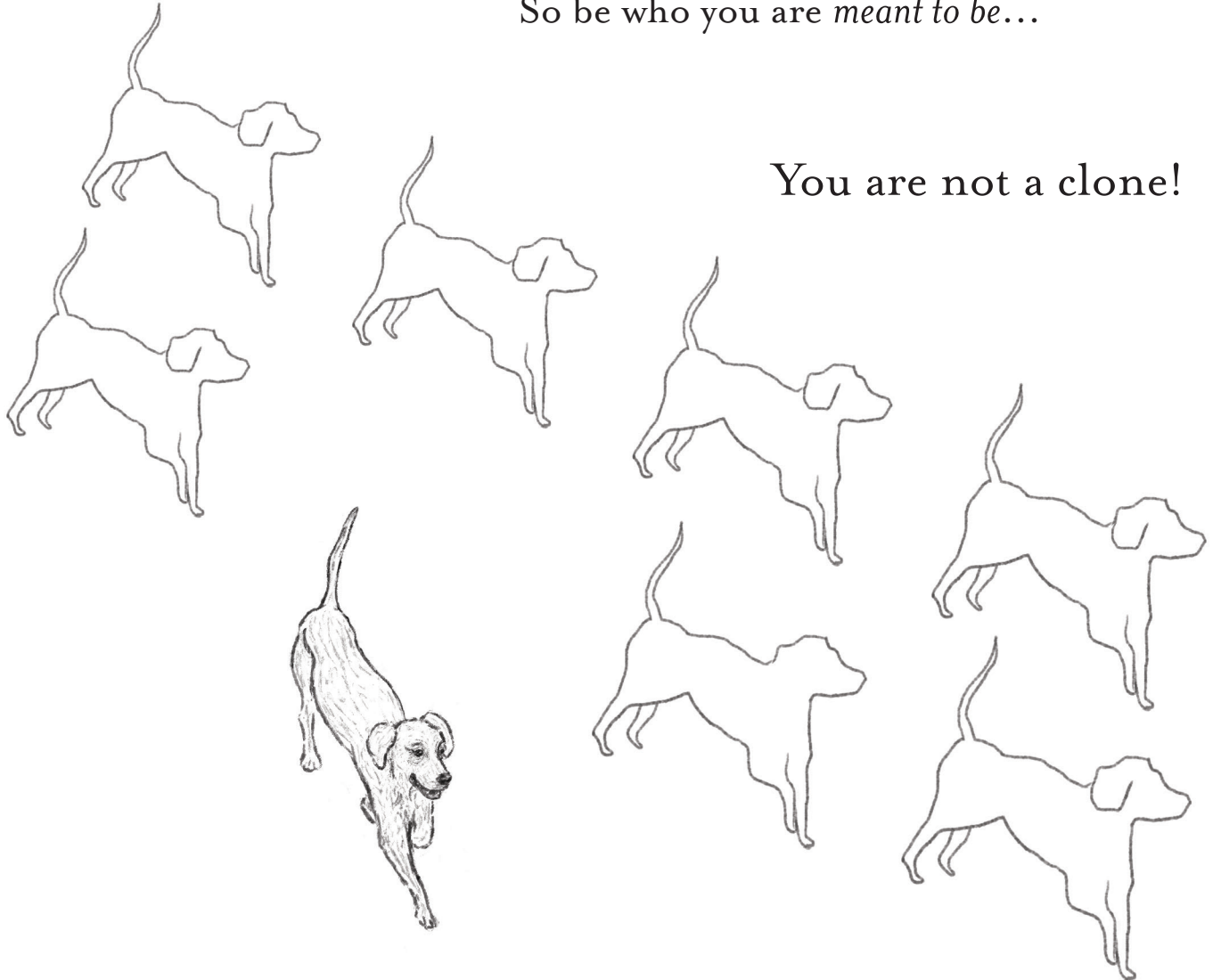
Remember, we all need partners because *life is a dance*.

Be yourself.

The only approval you need is your own.

So be who you are *meant to be*...

You are not a clone!



You ***can*** teach an
old dog new tricks.

If you always do what you've always done, your mind isn't growing or having much fun.



So learn something new, it's never too late. Be a creator...take control of your fate.

Greet like you mean it.

What a
wonderful gift
to bestow,
when you are
happy to
see someone...

Let
them
know!



WELCOME

Find
something
you
are
passionate
about.

If your *work* feels like play,
It isn't work at all...wouldn't you say?



Make time.

If you had but ten or twenty years on this earth,
how much more would each day be worth?



Life is an hourglass...we don't know how much sand remains above.
So do the things that make you happy and spend time with the ones you love.

Be the best friend
you want to have.

You attract in

what you radiate out.

So be the kind of friend

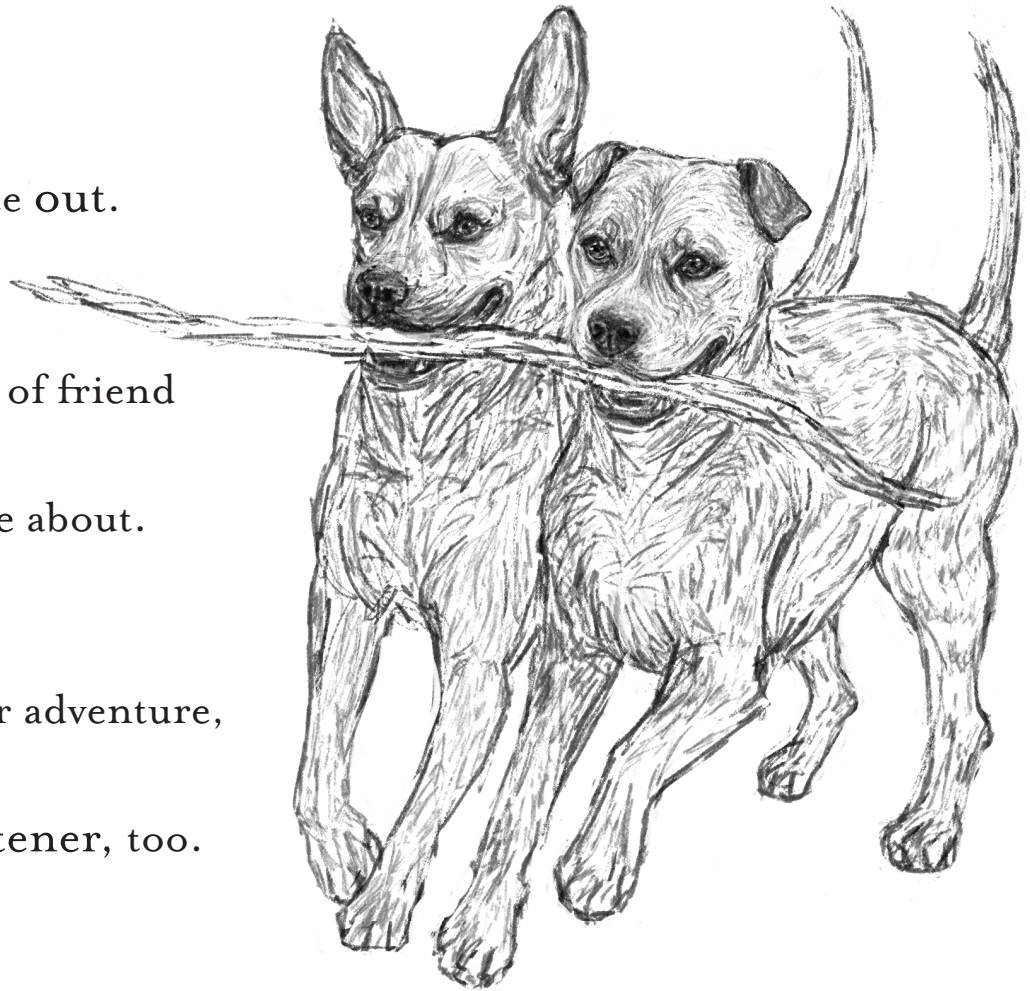
you would rave about.

Be loyal, up for adventure,

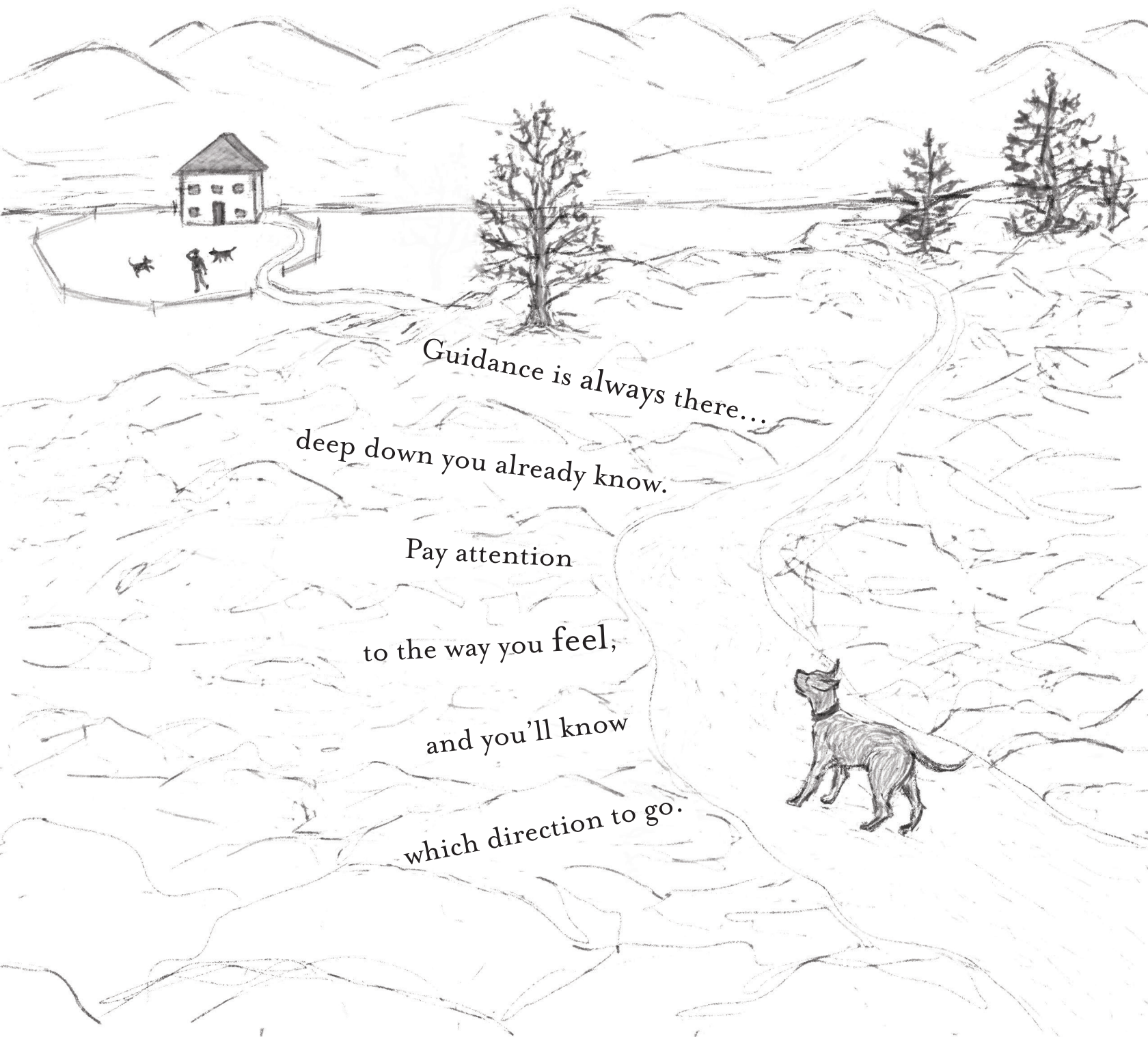
and a good listener, too.

Otherwise, what kind of friends

are you attracting to you?



Trust your gut.



Guidance is always there...
deep down you already know.

Pay attention
to the way you feel,
and you'll know
which direction to go.

Make it a priority to have fun.

Even when you think

you're too busy,

stop and make

time to play.

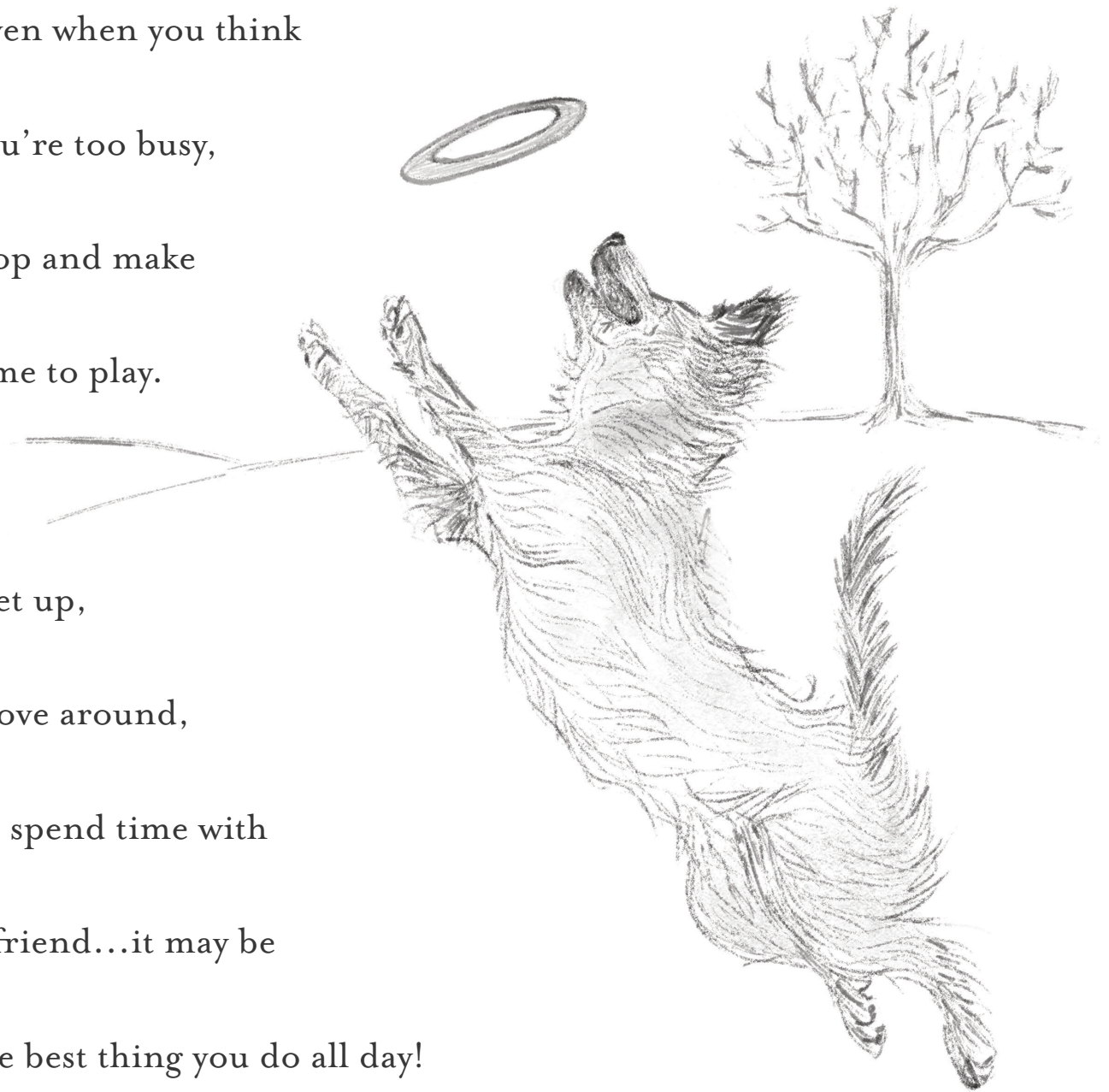
Get up,

move around,

or spend time with

a friend...it may be

the best thing you do all day!



What
you
are doing
is what matters.

Whether you're keeping busy or taking time to be lazy,
comparing yourself to others will only make you crazy.
When you realize there's no race to win, nor anyone to beat,
you can define what makes you happy...
there's no reason to compete.



There is power beyond words.

How can dogs “say” so much without speaking a word?

And yet, you know how they feel even when

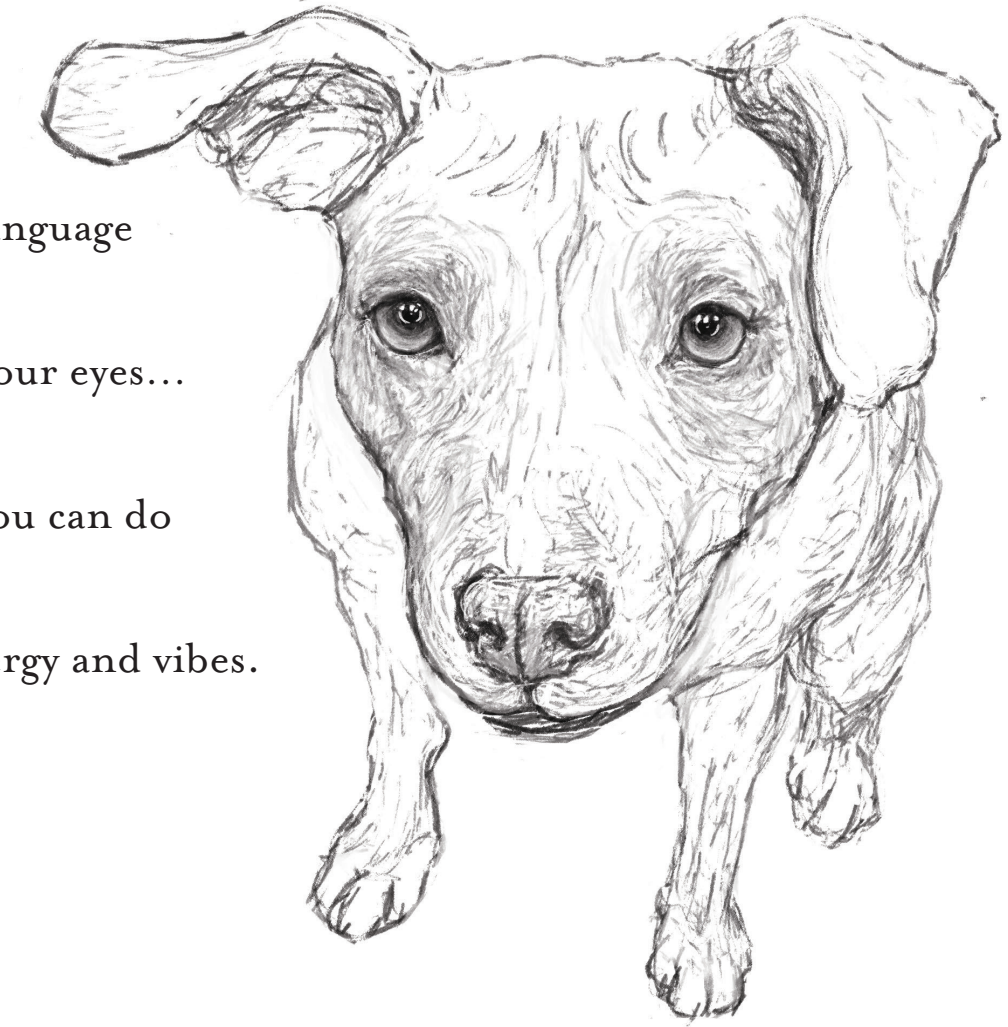
nothing is heard.

So use your body language

and connect with your eyes...

It’s amazing what you can do

simply with your energy and vibes.



Bring

out

the

puppy

in

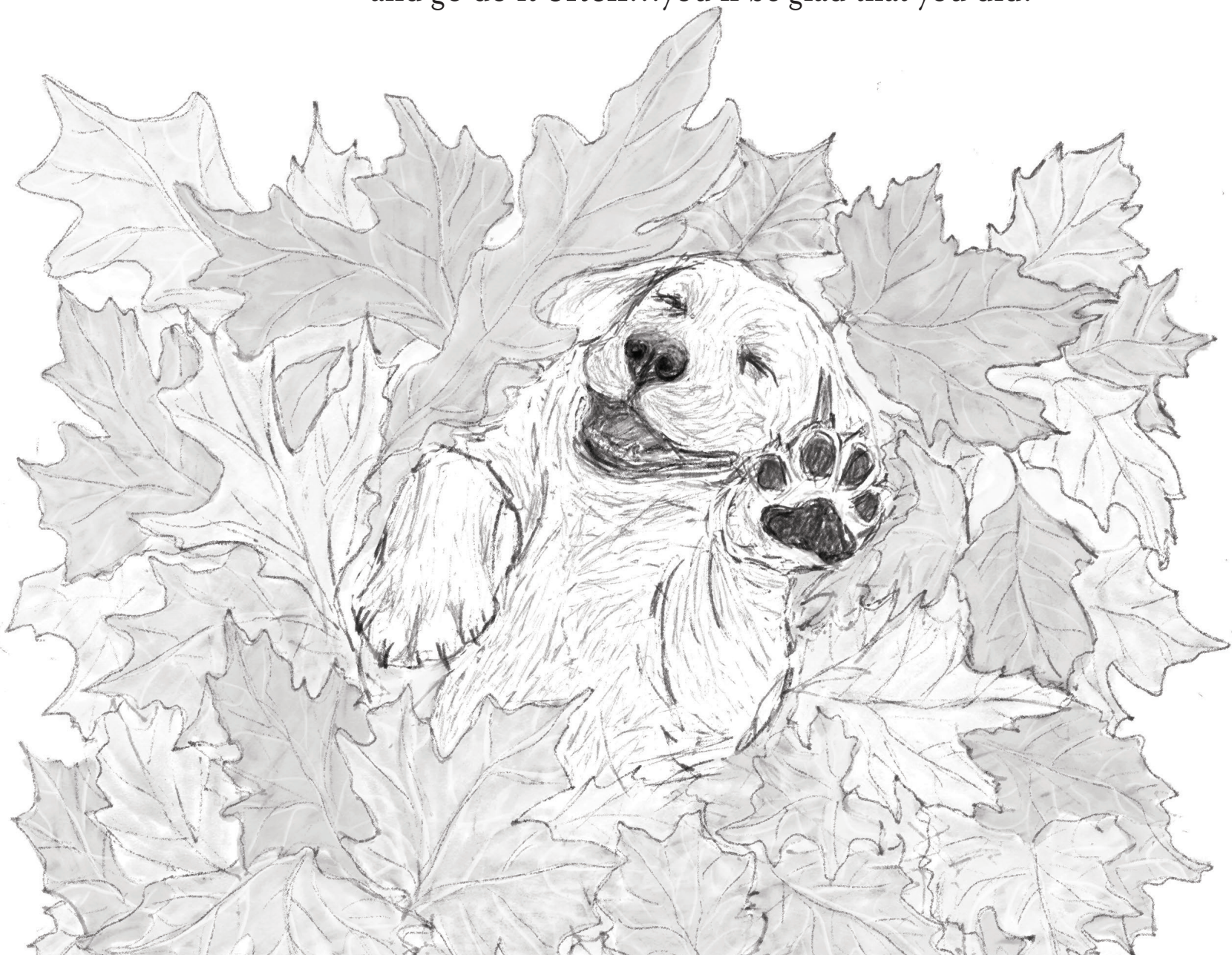
you.

When did it all get so complicated?

Perhaps growing up is a little overrated?

Figure out what makes you feel like a kid,

and go do it often...you'll be glad that you did.



Focus on the good.

Every time you catch yourself
about to complain,
remember that it will only be
an energy drain.



Then make a choice to focus
on the good instead,
because your reality is created from
the thoughts in your head.



Get
comfortable
with
being
uncomfortable.



It isn't personal.

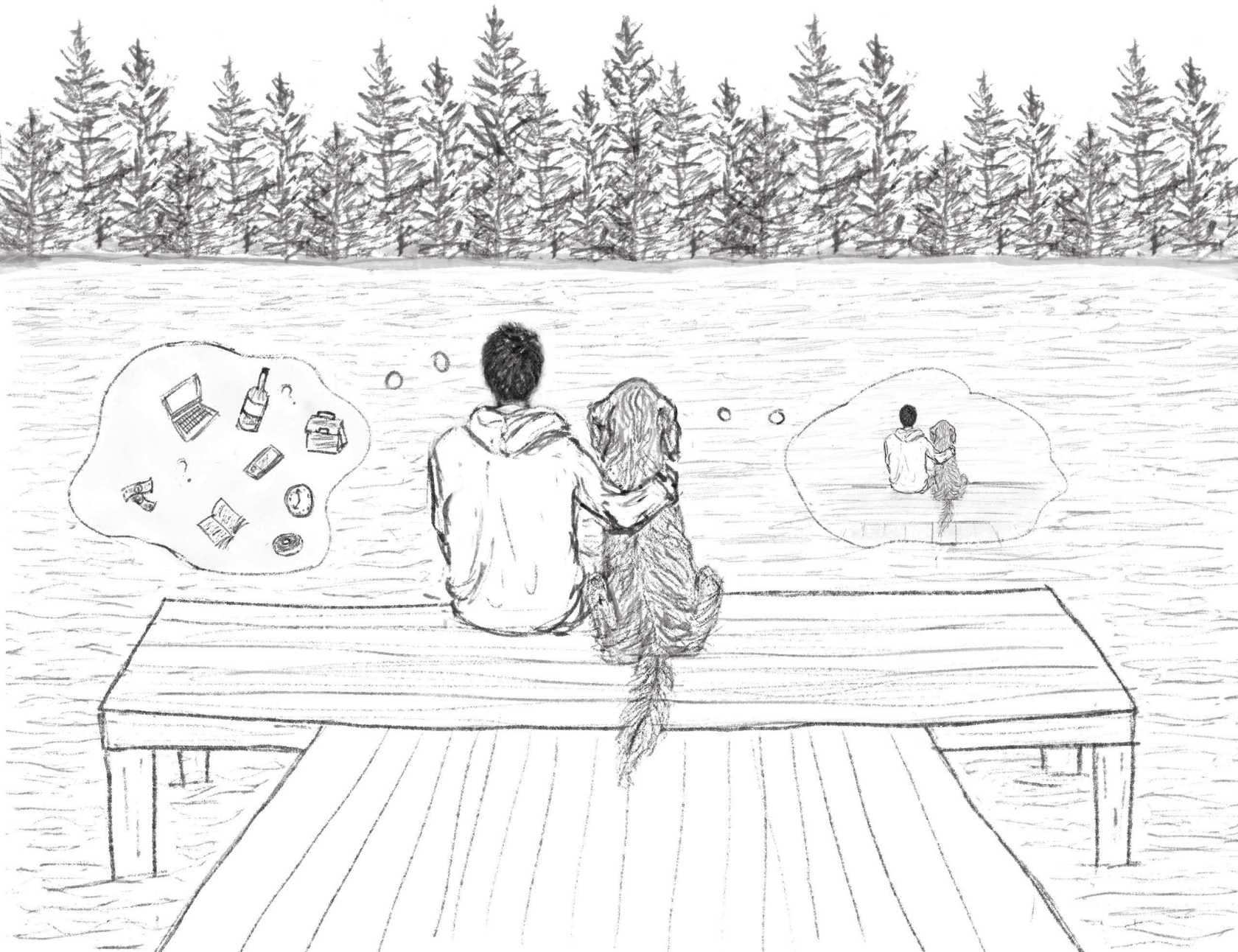


The next time something happens and you feel offended,
take solace in knowing it's likely not what was intended.
Be quick to forgive, and choose to be kind...
you'll be amazed at the incredible power you find.

The present moment
is all we *ever* have.

Are you being mindful, or is your mind simply full?

Take note when you get lost in thought,
and practice letting go of that pull.



Be grateful.

Say thank you from the moment you start your day,
and then for your blanket and the bed where you lay.

Be thankful for it all, it's the best attitude.

You'll attract more good into your life,
simply with gratitude.



Appreciate
the
differences
in
others.

Most dogs love other dogs,
regardless of looks or breed.

Can you say the same of other humans,
regardless of race, nationality, or creed?
You have to admit, it would be pretty lame,
if every dog, and every human,
were exactly the same.



Quiet your mind.

Dogs waste no energy on time ahead or already past,
blissfully content from the first hour of the day to the last.

So forget all that you think and all that you know,
if you're not quieting your mind you're missing most of the show.

Instead of being your thoughts, you step back and observe,
and instead of obeying them, it's you who they serve.



More Resources

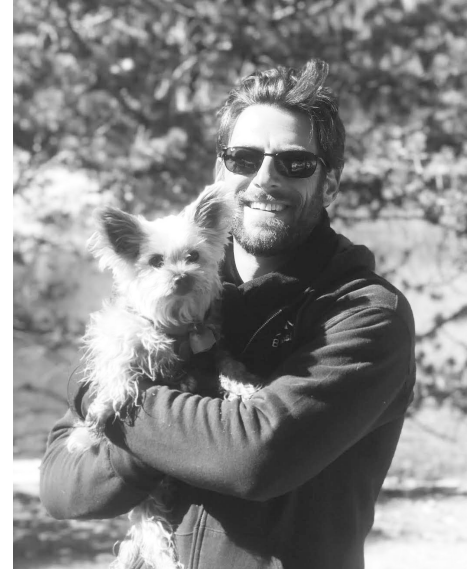
We had so much fun making this book and really hope that you have just as much fun reading it and sharing it with friends and loved ones.

If you would like to learn more about any of the subject matter covered in the book, such as meditation, mindfulness, practicing gratitude, manifesting, and more, please check out MikeMesseroff.com and follow @MikeMesseroff on Instagram for daily inspiration.

Author

Mike Messeroff

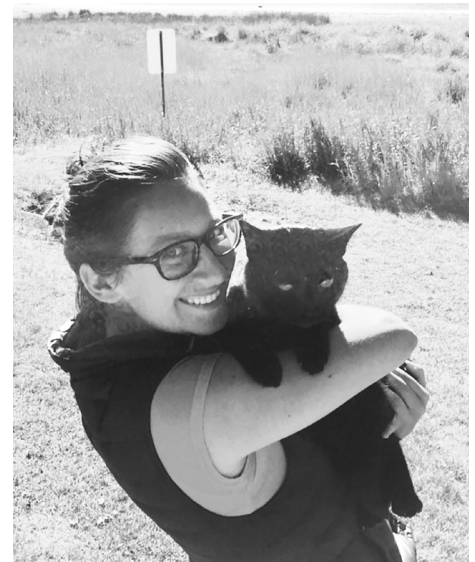
After spending ten years behind a corporate desk in New York City, and several more years as a world-traveling bartender, Mike Messeroff now lives in Breckenridge, Colorado and enjoys the outdoors, travel, and spending time with his wife, friends, his best friend/Yorkshire Terrier “Rocky” (the inspiration behind this book and our cover model), and his new puppy “Lela”. As Mike began discovering the world of mindfulness and spirituality, he realized that Rocky was naturally exhibiting some of the greatest life skills and habits and that we could all learn a lot from our four-legged friends. Mike is also a Personal Freedom Coach, helping others to discover and actualize their greatest desires, and is excited to be sharing his experiences, tips, videos, and new projects on MikeMesseroff.com. Be sure to check it out and join the community!



Illustrator

Hannah Rose Chavez

Originally from New York City, Hannah developed a love of art from a young age, along with an understanding of its impact in the world. She spent the last several years in the mountains of Colorado, gaining insights and finding her voice as an artist, and is currently back in New York, focusing on her two main passions: art and animals. She has always felt a deep connection with animals, and is presently accompanied through life by her beloved cat, Mowgli. Working as an artist and freelance illustrator, using her personal artwork to spread awareness about animal welfare and conservation issues, Hannah has found a way to combine her passions into a purposeful career. A portion of her art profits is donated to animal rescue organizations. To see more of her work, visit hannahchavezart.com.



With no clocks or schedules to run the show,
dogs have the here and now, it's all that they know.
Us humans, however, have a bit more to take in,
we forget it's the simple things that make us grin.
Inside these pages, you'll find beautiful reminders
to have more fun, realize what's important...take off the blinders.
These are lessons from the furry ones, who naturally spread joy all around,
so please enjoy them and share them...let their wisdom resound!

