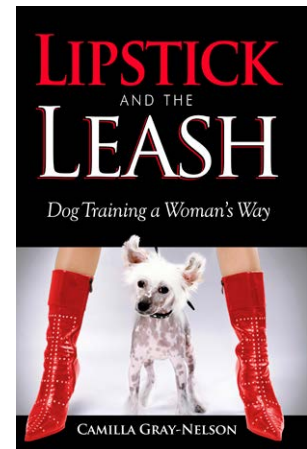


## **LIPSTICK AND THE LEASH: Dog Training a Woman's Way**

By Camilla Gray-Nelson

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### **One**

Dogs aren't Lassie; they are predatory hunters that humans domesticated because of their killer instincts, to help them hunt, guard and rid their farms of vermin or larger "undesirables." The opening chapter of the book, however, reveals how modern pop culture has now fantasized dogs into caricatures of gentle, benign creatures with human-like personalities. As a result, when dogs act like dogs, we are shocked and horrified. We are careless around dogs, instead of careful. Have your own expectations of dogs been affected by the Lassie Syndrome? How do you react to news stories of dogs biting children or attacking humans?

### **Two**

Chapter two explains the nature of canine social hierarchy and why women -- lacking size, strength and maleness -- are often at a natural disadvantage with their dogs. (This is especially true of dogs with a confident, self-assured nature.) Compare how your dog responds to you with how he responds to your husband or significant male other. Is there a difference?

### **Three**

Chapter three discusses body language and the role it plays in canine communication. In particular, the importance of standing tall and using eye contact to quietly communicate power and confidence. Discuss the parallels between canine and human culture with regard to posture and eye contact. (Hint: You will never stand with stooped shoulders again!)

### **Four**

Chapter four dispels the notion that social dominance is related to intimidation and aggression. The animal world doesn't work that way! The non-verbal power tools of focus and follow-through are highlighted and a recurrent theme urges women to stop yelling and start taking action. Discuss the power of follow-through vs. confrontation as it relates not only to dogs, but to children as well.

## **Five**

Pink and Proud. Chapter five reminds women of their special skills that can be called upon for greater effectiveness in their leadership. Of patience, persistence, empathy and praise, which are YOU best at and how might you start using these skills in managing your dog...or your husband???

## **Six**

A Woman's Kryptonite® – Stay Away from It! Chapter six reveals three power-sapping habits that can rob a woman of her power: Physical and verbal fidgeting, emotional extremes and accommodation. Discuss how you may be sabotaging your own personal power with one or more of these habits -- with your dog, or your employees if you have them.

## **Seven**

Tellers and Askers. Take a look at the photo gallery of dogs in Chapter seven and determine if your dog is a Teller or an Asker. Take the owner personality test, and determine if you are a Teller or an Asker.

## **Eight**

Love Match or Train Wreck? This chapter will outline the various relationship matches between dogs and owners. Is the prognosis for your own canine relationship a good one, or do you need to make the best of a "bad marriage"?

## **Nine and Ten**

The last two chapters show how to put all of the preceding theory and information into practice when it comes to training your dog. Besides the familiar Sit and Stay commands, many common problem behaviors are addressed. Did you try any of the tips suggested in the book to solve a behavior problem in your own home? Did it work? If not, can you figure out why? Poor posture? Lack of supervision or follow-through? Might there be some Woman's Kryptonite creeping into your relationship with your dog? This process of analyzing success and deconstructing failure is so insightful!

## **Last Thoughts**

What did you get out of the book? Will you recommend it to your friends, those that already have a dog and those considering getting one?

## Best-Selling Author, Camilla Gray-Nelson



Growing up on a dairy ranch, Camilla has spent her life living with and studying animals and their social behavior. Because her friends growing up had four legs not two, she became fluent in the language of animals.

She and her brothers weren't micro-managed as children but knew without a doubt that their parents were in charge of the family – just like the cows, horses and dogs also knew

who set the rules in their own herds or packs. Her parents did not yell; they simply set and enforced the rules – like the lead horse, the queen cow and the alpha dog. From her earliest days on the farm she learned a great truth: the secret to getting what you want and influencing others is quiet strength and follow-through, not yelling, intimidation or conflict. Nature taught her this. Her parents proved it. She lives it.

Camilla has used her knowledge of animal behavior and communication to develop her own "natural" approach to dog training, which relies more on animal psychology than physical strength. In her 20-plus years as a professional trainer, Camilla has helped thousands of dogs and their owners – especially women - live in greater harmony using her secrets of quiet control.

Camilla, her company Dairydell Canine, and her natural approach to dog training have been featured in numerous newspaper and magazine articles, as well as on television. Her message of quiet power and leadership is ever-present. Because she strives to stay at the leading edge of her profession and continually thinks "outside the bone", Camilla was a nominee for the 2009 Woman Entrepreneur of the Year, sponsored by California's NorthBay Business Magazine. She is also the author of the first dog-blog for women: Dog Talk Diva ([www.dogtalkdiva.com](http://www.dogtalkdiva.com)).

Camilla holds professional memberships in the International Association of Canine Professionals (IACP) and the National Association of Dog Obedience Instructors (NADOI). When she is not training, writing or speaking about dogs, Camilla is with her husband, Kurt, or riding her horses on their Dairydell ranch.