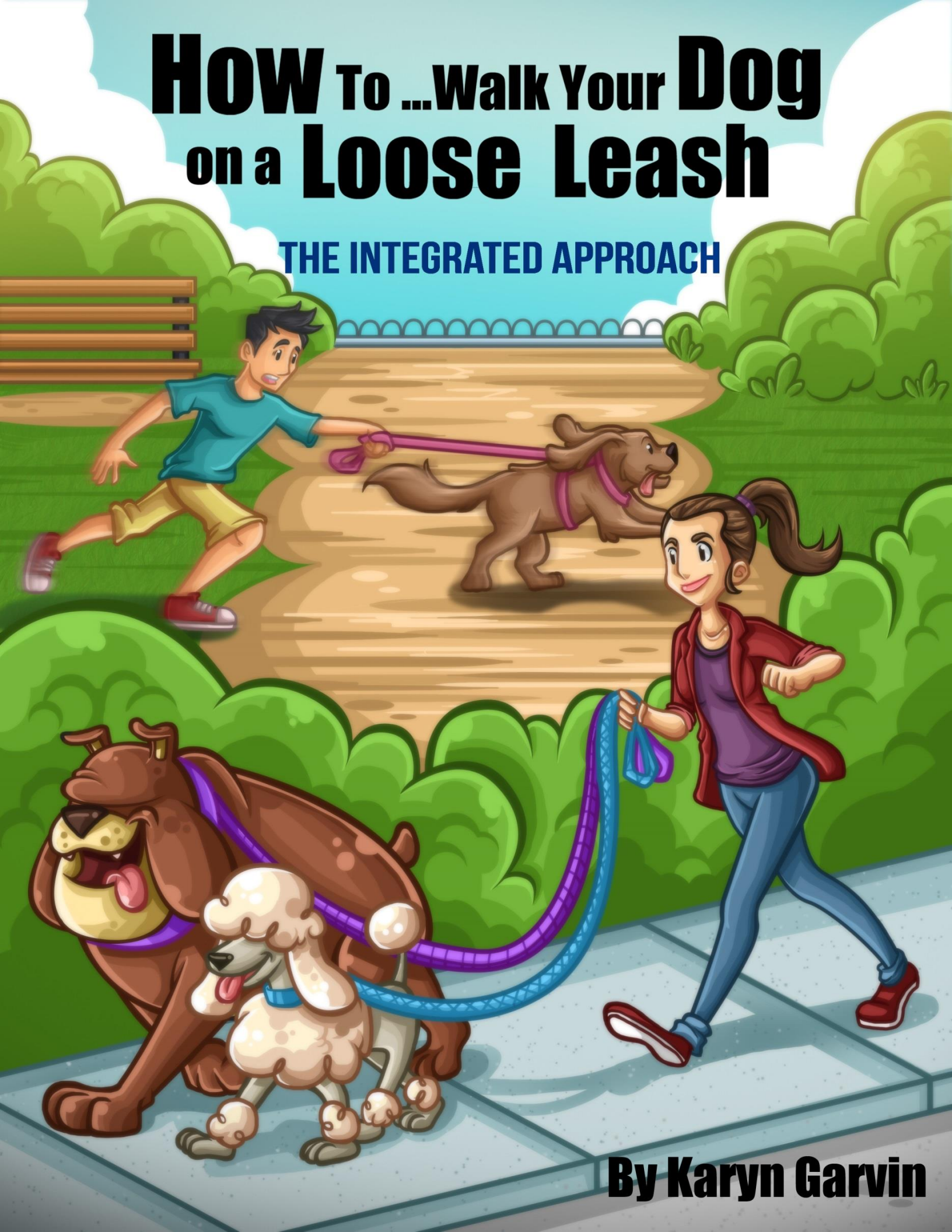


HOW To ...Walk Your Dog on a Loose Leash

THE INTEGRATED APPROACH



By Karyn Garvin

***How to Walk Your Dog
On a Loose Leash***

THE INTEGRATED APPROACH

Karyn Garvin



Divine Dog Books

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“How to Walk Your Dog on a Loose Leash”

is the first book in a series of training lessons to be produced according to a new methodology in dog training. This *new trend*, this *new way of thinking and teaching*, is referred to as ...

THE INTEGRATED APPROACH

By Karyn Garvin

This book is dedicated to the thousands of dogs and dog owners from whom I have learned so much. You have touched me with God's love and it is because of you that I have learned how to teach. Too many to mention by name, yet every lesson you have taught me found roots in my very soul.

You taught me the meaning of ... The Integrated Approach and I thank you!

With Love,

Karyn Garvin

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“How to Walk Your Dog on a Loose Leash”

THE INTEGRATED APPROACH

Introduction: Loose Leash Walking

The material covered in this lesson makes the assumption that your dog is already walking on leash. However, you are having the same problem many dog owners encounter. Your dog wants to pull, and you don't know how to stop it!

Most dog owners believe that it is indeed their dog that is doing all of the pulling and that they are the victims. I can't help but smile when people say things like, “My dog's a puller!” This way of believing suggests that the dog is the problem and that the dog needs to change. Guess what, folks: The dog's not changing!

“When you change the way you look at things, the things you look at change.”

Wayne Dyer

A major distinction between The Integrated Approach and other ways of teaching is in the very foundation of how we view the dog. Knowing that there is a spiritual component to this universe we live in, we believe that the same source that created our Divine universe, created the dog perfectly! It is a dog. Dogs have different needs than we do, and it is our responsibility to learn how to lead and teach them. The dog has a spirit and listens to its internal voice just as we do. We are kindred spirits. What we value may be different, yet we learn to coexist. With The Integrated Approach we learn not only how to manage our dog's behavior, but more importantly, *we accept responsibility for managing it.*

It Takes Two for Pulling to Occur ... It Takes a Dog and a Handler

Why Do Most Dogs Want to Walk out in Front?

Quite simply, the reason most dogs want to walk out in front is because ... *they are fast and we are slow ... and ... that's just what dogs do!* It is also true that the younger the dog, the more motivated it is to pull. The younger the dog, the greater its need to see what's up ahead, smell new smells and meet new people and dogs. The younger it is, the more athletic its needs are. We human adults, on the other hand, have been there and done that. Most of us are not that athletic and are content just to be walking.

Dog trainers have heard this familiar story millions of times: "He is always the worst when we first get out the door and at the beginning of our walk. That's when he pulls the worst! Once we have walked for a while, he seems to get better and will eventually walk beside me." In other words, once the dog has expended some of its abundant energy and has fulfilled its own needs, it is more content to walk at our pace – further evidence as to why dogs want to walk out in front.

Think about it: How many old dogs have you seen dragging people around?

If a dog had been raised to be trustworthy off leash, here's what it would do naturally: When given its freedom it would run up ahead, expending some of its energy, and then wait for you to catch up. It would often times run back and forth and check in on you as if to say, "How are you doing? Are you coming?"



[View](#)

[What Dogs Do Naturally When They Are Trustworthy Off Leash](#)

Walking out in Front Is Not the Problem!

With loose leash walking our goal is just that. It is my intention to teach you how to keep the leash loose. In spite of what you may have heard or read elsewhere, allowing your dog to walk out in front of you is not the problem!

As a matter of fact, it is reasonable and good leadership to allow your dog to walk out in front if and when it's appropriate. *It is in filling another's needs that we get our needs fulfilled.* This activity brings a lot of joy to many dog owners as well as to their dogs.

Resistance Would Only Create Persistence

Where the dog walks in proximity to an owner or handler is both a personal as well as a practical choice. A walk will be a lot more fun for both the handler and dog when we give the dog some freedom. On the other hand, if this same handler and dog walk into a congested area, then it may be more practical to have the dog come in closer to the owner or handler's side.



[View](#)

[Managing Your Dog in a Congested Area](#)

There are numerous reasons for choosing where you want your dog to walk and be, and it only makes sense to choose accordingly. That is according to both of your needs.

Our Goal Is: The Leash Remains Perfectly Loose!

On a Side Note:

A Problem Is Only a Problem When and If It Is a Problem for the Dog's Owner!

Recently, I have been thinking a lot about how to present this concept of "Loose Leash Walking." So naturally, I have been preparing a lesson plan that will best convey the solution to dog owners who are tired of being pulled around.

As I was out riding my bike early the other morning, I saw a man walking his dog. He was an elderly man and probably retired. He was dressed very casually, just wearing his jeans and an undershirt. He had a huge smile on his face as he was walking his little Chihuahua puppy. This little pup was no match for the big guy. I could see that look of love all over his face as he looked down at his pup; she was working really hard.

The puppy was in a harness, pulling with all her might. She was getting a ton of exercise not only by walking, but also by pulling this big guy she had dragging behind her. He was simply not going fast enough for her liking. They both radiated joy as the two of them looked forward to what was ahead. And I was reminded, once again, that a problem is only a problem **when and if** it is a problem for the dog's owner.



Walking on a Loose Leash versus Heeling

So what is the difference?

Walking on a loose leash is actually a prerequisite for heeling. You could think of teaching the dog to walk on a loose leash as step one, and then teaching it how to remain in the heel position with a loose leash as the next step.

In both exercises, the dog's handlers are laying down some level of criteria. In both exercises the handlers are communicating to the dog the rules they need their dogs to follow: Please do as I say, pay attention to me and follow my direction.

Walking on a loose leash is more casual and less demanding than heeling. The goal is to have forward movement on leash and not be pulled getting there. The only real criterion is that the dog not even so much as strain into the end of the leash, as straining precedes pulling.

Goal: The Handler Cannot So Much as Feel the Dog on the Other End of the Leash



[View](#)

[Walking Dogs on a Loose Leash](#)

Heeling is much more businesslike. Our American Kennel Club is really the organization that set the standards in this country for obedience regulations and competition. According to the AKC handbook, the principal feature of this exercise is the ability of the dog and handler to work as a team. The heel position as defined in the *AKC Regulations*: “*The dog should be at the handler’s left side straight in line with the direction the handler is facing. The area from the dog’s head to shoulder is to be in line with the handler’s left hip.*”

With heeling, the handler has communicated to the dog: “We are working now, and you need to place your attention on me as I am on you.” The handler is requesting the dog to focus on where they are walking first and foremost, regardless of whatever else may be going on in the environment. The handler is asking for compliancy in these moments and needs the dog to be obedient. The root of the word *obedience* means *to listen*. An obedient dog listens to its handler. Heeling demonstrates teamwork.



[View](#)

[Heeling](#)

But Don't You Have to Be Consistent?

For a person's life to be stable and have meaning, we need two diverse elements. We need variety as well as consistency. This holds true for our dog's Divine nature as well.

Consistency in our lives gives us stability by being able to count on those things that are important to us. Variety, on the other hand, gives life new meaning and frees us from boredom.

It is important for your dog to know that it can consistently look to you and rely on you for great leadership. When you communicate that it's okay to be a dog, it's okay. If you give the dog permission to walk out in front, then it's fine! On the other hand, if you have taught your dog how to heel, and you need your dog in the heel position, then that's fine, too! There is room for variety. There is a need for freedom in the framework! This is taking The Integrated Approach. Life will certainly be a lot more enjoyable for both of you.

As you learn more about taking The Integrated Approach to dog training, you will find a blend of diverse elements that are also the cornerstone of this new approach.

The belief system that we need to behave consistently,
“regardless of other relevant criteria,” *is impractical* to dog training.

3 Uniquely Different People Can Walk the Same Dog

People are different, and it only makes sense that our individual needs with our dogs will also be different. Let's use the example of a mother, grandmother and teenager all living together. All three of them want to walk the same dog.

The teenager is footloose and fancy free and could care less whether or not the dog pulls. The teenager actually thinks it's kind of cool and funny! The teenager would not take the time to learn the technique for walking the dog on a loose leash and therefore gets pulled. The teenager is happy and so is the dog.

Mother, on the other hand, took the dog to training and the dog understands how to walk on a loose leash out in front as well as how to heel at her side. Mom tends to use both when she's out on a walk. She manages her dog by allowing the dog to walk out in front, and then when she passes by another person with a dog, she has her dog return to the heel position where it must now pay attention to her and not bark at the passerby. Mother never allows pulling and the dog

does just what she needs it to do. The dog appreciates her flexibility, and that makes it easier for the dog to honor her requests.

Grandmother moves slower and wants the dog at her left side at all times. Grandmother is not as stable, and she has a fear of tripping and falling. She is safer with the dog at her side. Guess what? All three can handle the dog the way they want to, and the dog will learn the rules. Like a child, the dog can learn what freedoms to take, and with whom.

On A Side Note:

Family members do not have to be clones of each other!

Bill and Nancy came in for their weekly dog-training lesson with me. Nancy's complaint was that she personally detested having dogs in the kitchen, milling around her feet as she was trying to cook. She felt it was partially Bill's fault that the dogs want to do this in the first place, because when Bill cooks, he loves having the dogs in the kitchen with him and he slips them little tidbits of whatever it is that he is cooking. Nancy wanted Bill to quit bringing the dogs in the kitchen when he cooks and to quit rewarding the dogs with tidbits. She was trying to make Bill behave.

This was an ongoing disagreement that they were having, and they wanted to know what I thought. The answer was simple! Let Bill be Bill, and let Bill and the dogs enjoy what they enjoy together. Rather than try to make Bill behave, Nancy just needed to let the dogs know how they should behave when she is cooking. Since the dogs already know how to go to their beds and stay, Nancy could use this as a way of managing the dogs when she cooks. She was happy to slip them some treats for staying on their beds, too. Everybody Wins!



The Solution for “How to Walk Your Dog on a Loose Leash”

The Integrated Approach is the Secret to Success

We believe that with the . . .

Right Equipment
+ Right Application
+ Right Technique

Total: Success in Training™

Here’s the promise when you follow the formula given above...

- When you choose the right equipment for a particular dog and owner,
- Plus, you are using the equipment for the right application or reason,
- Plus, you understand the right technique for how to use the equipment properly,
- You Are Promised Success in Training!

If you are not successful in training, then one of items listed above is the root of the problem!
That’s Another Promise



[View](#)

[Integrated Training Techniques](#)

Now that we know the formula, let’s get busy and apply it to our teenager, mother, grandmother family who all live together. They have one dog and they all want to walk it. We have three very different people with three very different needs and criteria.

The Right Equipment

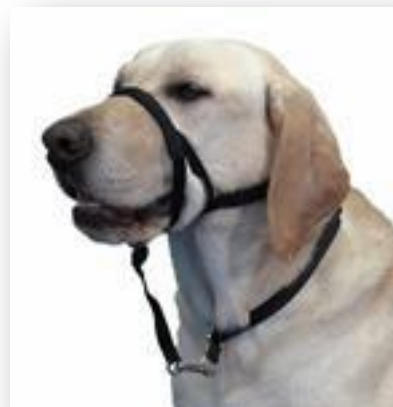
The right equipment for each person may be very different.

For the teenager I would pick either the harness or the standard identification collar to put on the dog. Depending on the dog, my first choice may be a harness. The harness makes pulling very comfortable for the dog, and from what we have learned already, the teenager kind of likes it when the dog pulls her. She thinks it's funny. So let's let the dog pull and strain into the leash safely and comfortably and let the daughter have fun walking. We had also learned that she had no interest in learning about technique, which is another great thing about the harness. The only technique is: Hold on.



Another Right Application for the harness ...
Protect your dog in the car when you travel.

My first thought for the Grandmother would be to select a head collar as the ideal piece of equipment to put on the dog. **The grandmother's safety would be my first concern.** A head collar reduces the likelihood that the dog would be able to overwhelm her with its strength. As a matter of sheer physics, scientifically, the head collar concept puts the leverage in the owner's favor. There are many different manufacturers of the head collar, but the concept as to how and why they work is the same.



The head collar concept was fashioned after the halter designed for a horse. No one would put a collar on a horse as a means of controlling it, because that would put the leverage in the horse's favor and a person would get pulled all over the place. So the horse wears a halter. This way, even if that enormous animal were to throw its weight forward, with the halter on, it turns the horse's head back towards the handler. Both the head collar for a dog and the halter for a horse put the leverage in the handler's favor.

Here's where things get a little tricky, though, when deciding what's best for the welfare of the grandmother. This is all hypothetical, and I know very little about the dog. When selecting the right equipment I was *first thinking about the grandmother, and her safety*. From the dog's standpoint, it may love the head collar and adjust to it readily, or it may be one of those dogs that hates having something on its face. Even with all of my years of experience, I can pick a starting point for logical reasons, but then there is the question of what happens in reality. Did I get the results I was hoping for? If not, I need to change the equipment.

In addition, if I were to find out that the dog was humongous, and dangerous around other dogs, then I would be talking both the grandmother and the teenager out of walking that dog altogether. I would leave the walking up to the mother, who was willing to go through training and knows how to manage the dog.

As far as the mother is concerned, I would ask her what equipment she is using at present and I would not change a thing. According to the information I have already, the mother has been to training and already understands how to walk her dog on a loose leash as well as have the dog heel by her side when she feels she would like that extra control. The mother has shown good leadership, and she and the dog are a great team.



[View](#)

[Teenager, Mother and Grandmother, All Walking the Same Dog](#)

The Right Application

All of the equipment that has been invented to date has a unique purpose in mind. I like to compare selecting the right equipment to:

The Fork The Knife The Spoon



Different Tools, Serving a Common Purpose

Each utensil will outperform the others
When it is selected for the task it was designed for

One of the most legitimate complaints of dog trainers today is that people will buy a piece of training equipment and not know how to use it. This, more than anything else, has led to giving certain training tools a bad name. Any piece of equipment **used incorrectly** will fail and have negative consequences for the owner as well as the dog. Used correctly, however, it may be just the solution a particular team needs. Once again, it's **NEVER** the equipment that is bad, but its misuse! Every dog owner I have ever worked with wants just one thing ... results. And the result everyone wants is to be successful in achieving personal goals. When the owner is happy, so is the dog!

Right Equipment and Right Application

Let's get started by selecting the right
equipment for "How to Walk Your Dog on a Loose Leash"

All of the training equipment that was designed for teaching a dog to walk on a loose leash has one thing in common: A quick release mechanism already built in.



[View](#)

[The Quick Release Mechanism](#)

It is nearly impossible for me to make specific recommendations for you in a book, because there is so much additional information that I would need to know about you and your dog in advance. But you know what your experience has been up to this point. You also know what equipment you have used in the past and what has not worked. That is a great starting point!



[Click Here](#)

By clicking on the link above, you will be taken to our website. Here you will find the various types of training collars to choose from that encourage loose leash walking. Each collar is rated in order of its “**Attention-Getting Ability**” to help you make an informed decision. You are the only one in the world that can make a decision as to which is right for you and your dog. You will need to listen to your heart on this one!

Remember, choosing the right equipment for the right application is a crucial part of the solution; however, understanding the right technique is also critical. Let’s continue with the technique portion of this equation even before you change what equipment you’re using. **Occasionally a dog owner has selected the right equipment already but ...**

Without The Right Technique ... NOTHING Works!

The Right Technique

The First Most Important Thing You Must Understand Is ...

YOU CAN NEVER TEACH A DOG TO WALK ON A LOOSE LEASH IF YOU, THE TEACHER, HOLD THE LEASH TIGHT!

That makes sense, doesn't it? How could your dog possibly learn to walk with the leash loose if you hold it tight? It can not!



[View](#)

YOU CAN NEVER ...

Step One: You, the handler / teacher **must hold the leash perfectly loose** in order to teach your dog how to walk on a loose leash.

Once again, this is physics, this is science. For every action there is an equal and opposite reaction. If you pull, your dog will pull. If you hold the leash tight, preparing to be pulled, you will be pulled. This is also living proof of self-fulfilling prophecy in action!

Another price the handler pays for holding the leash taut is that the dog can now feel you through the leash. When the dog feels you through the leash it is no longer motivated to look to see where you are. When you allow the dog to feel where you are all of the time it can now multitask with ease. When your dog can feel you, it no longer needs to look for you, but rather, it can and will just keep looking forward for other interesting things. The benefit of not allowing your dog to feel you through the leash is that you may almost instantaneously notice it ***looking to see where you are***. You want to reward this behavior when it first happens!

Step Two: Be prepared to use the quick release mechanism and correct your dog when you feel it strain into the leash.



Experience Is the Best Teacher

Every rose has its thorn ...
The rose is a great example of life itself.
In all its beauty, its thorns stand out as a reminder
That it must also be approached with discipline.

So it is with the dog's walk. We understand that our dog is young and perhaps ten times the athlete we could ever be. Yet we need to walk it on leash for its own safety. We need walking to be safe and rewarding for us as well. Our job as the teacher is to help our dog make the right choice, which is to not strain into the leash. The positive nature of consequences is that it supports the student in making a different choice, that of compliance.

The walk (the rose) must be approached with the same level of discipline. The choice we want our dogs to make is to avoid straining into the leash. This is an easy choice to make when they determine that straining, (like grabbing a thorn), will feel unpleasant to them. We all want to avoid what feels unpleasant to us. This is an innate condition of our Divine nature.

A physical correction for your dog is a way of communicating; in the moment, that straining will feel unpleasant. A correction through the leash consists of a quick snap from the handler in the exact moment the dog tightens it. In order for this correction to be clear, it must be delivered with accurate timing. Accurate timing means that the quick snap must occur precisely when the dog strains into the leash. This technique is a no-brainer for the dog. Your dog will understand this association quickly and make the connection with ease. Most people are astounded at how quickly their dogs understand!



[View](#)
[Right Technique](#)

The consequence (the thorn) must have enough “**Attention-Getting Ability**” to be worth avoiding. Because each dog is a unique individual, regardless of the breed, it is vital that you

determine the Right Equipment with the right level of correction to get the results you want for your dog.

"Some people are always grumbling because roses have thorns.

I am thankful that thorns have roses." – Jean-Baptiste Alphonse Karr

Attention-Getting Ability

What it takes to get our attention will vary depending on whether or not we are distracted and according to **how motivated we are to not pay attention**. I have often used the example that if you and I were sitting together calmly, and I was to take your arm and poke you with a thorn, you would undoubtedly notice and wince by the discomfort. It would not take much at all for you to experience the prick of the thorn as being unpleasant. We also know that some people are bigger babies than others, meaning some of us are much more sensitive to pain while others have a Herculean tolerance. What we are talking about here are the varying degrees of our individual pain thresholds.

Now, if I were to change the circumstances, and you were in a burning building or being pursued by something life-threatening whereby you had a lot of adrenaline rushing through your veins, you would not have felt the same thorn, with the same prick whatsoever. Under these criteria you would have a much higher pain threshold.

Dogs are the same way. Some of them are much more sensitive to physical discomfort than others. It will take less sensation to get a dog's attention when it is calm versus when it is highly excitable. A great dog handler / teacher understands this and is prepared to react accordingly.

The Rule Is: Never Use Any More Force than Necessary

Effective for Your Dog

A correction like the thorn is meant to feel unpleasant to your dog. If it were not somewhat unpleasant the dog would not try to avoid it. We need to be able to get both the dog's attention and its cooperation. What that requires for one dog may be vastly different than for another. What equipment that requires for one dog may be very different than for another.

As an effective teacher you will want to make your decision according to your dog's reaction and the results you are getting. The proof is in the results.

Remember, as human beings we were always taught from the time we were little that pain is bad and to be avoided. When we fell down and bruised ourselves, someone was there to wipe our tears and empathize with our discomfort. Dogs do not have any of these stories. They will experience the consequence as a sensation, and we just need to find out what level of sensation it takes for them to try to avoid it.

Once again, as an effective teacher you are doing whatever it takes to help change your dog's decision making quickly. Nagging is not nice! Plus, it puts undue stress on your dog. Just in case you hadn't noticed, most dogs are not concerned about the fact that you are unhappy. They have seen you unhappy numerous times and just accept that that's a part of who you are, and they love you anyway. What they will want to avoid is their own discomfort. That will make a lot of sense to them quickly. That is in their nature, just as it is in ours.

The dog has every right to test the new rules as we all learn, from making mistakes. The dog must be given ample opportunity to determine that straining into the leash is an unpleasant outcome that it no longer wants to experience.

When the correction is effective, the handler will see the results it is looking for relatively quickly (usually within **five to ten minutes**). If the technique is correct, but the dog is not deterred by the equipment being used and it's "**Attention-Getting Ability**", then it is time to try another piece of training equipment.

When you have the Right Equipment, for the Right Application
and the Right Technique, the results are magical and almost instantaneous.

Remember: A correction is not a command. Dogs do not try to avoid commands. As a matter of fact, there is really no need to say anything in association with the consequence. The sensation of the consequence in itself should say it all.

At Last ... The Reward

Your dog will find walking on a loose leash as rewarding as you do. (It just didn't know how to make it happen without your clear direction.)

Let your dog hear you telling it how well it is doing when the leash is loose. If you want your verbal praise to be meaningful, then you need to **mean it with all of your heart**. If you have clicker-trained your dog, then you might click when the leash is loose and follow that with a favorite treat as well. Treats are oftentimes a great incentive for paying more attention to you on a walk. By all means, introduce food! This is another example of integrating training techniques.

Dog training is about team building. A dog trainer's goal is to teach you, the owner, how to lead your dog gracefully and how to be a courageous leader and teacher. We love our partners, our dogs. It's just certain behaviors that sometimes need to change for both of our higher good. When we redirect a dog's behavior, it can be about correcting the old behavior, replacing it, and then rewarding the new. The empowering attitude for teachers is that they are managing behaviors. We can't become afraid of correcting and redirecting. This entire dance of teaching the owner and training the dog is to be led with love.

In Closing

It is very likely that at least some of what you have read is totally different from what you have learned in the past. Remember, your dog is doing exactly what it is supposed to do, be a dog. It is living within its Divine Nature. After reading "How to Walk Your Dog on a Loose Leash" you now have the tools and techniques to accept responsibility for managing your dog's behavior.

There are many roads that lead to a Divine life with a dog. I hope this will be our first walk together, and that we can share many more.



[View](#)

[Dog Credits](#)

About the Author

Karyn Garvin



The “Divine Dog” Trainer

All dog trainers teach through stories. Karyn’s stories just happen to be based on her belief in the Divine, that power which is greater than ourselves. Taking The Integrated Approach to dog training includes: spirituality, science, psychology, universal laws, nature and the natural order of life as we know it.

The concept of “Divine Dog” Training came to Karyn as she completed writing her first book “Dogs Do Go to Heaven!” In this inspirational story she shares very personal details of how God has showed up in her life. Experience has been her best teacher.

Karyn often teaches her students that the root of the word “obedience” means to listen. To be obedient to God, one must listen to one’s own heart. This is how the Divine universe speaks to us. Trusting intuition and life’s lessons has naturally flowed over into Karyn’s success as a dog trainer.

Divine Dog Training

Some people get inspiration from stories, some from nature.

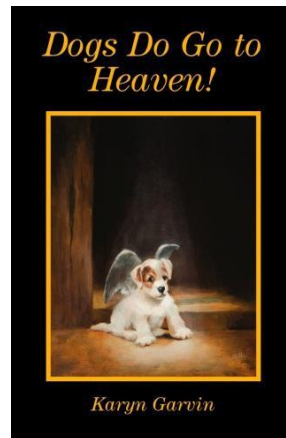
Dogs find both inspiration and purpose in a job well done through training.

The dog’s owner is inspired to be a great teacher and learns how to earn leadership.

The dog learns to love its owner even more.

Karyn is presently working on numerous books, including her upcoming book ““Divine Dog” Training: The Integrated Approach”. Karyn hopes that she may be a strong influence in leading other dog trainers and dog owners with a spiritual footing to embrace this new methodology.

If you would like to know more about Karyn’s personal story and how she has come to have such a strong faith in God as she discovered that dogs do indeed go to heaven, then we encourage you to download [your free copy](#) of her first book.



[Click Here](#)

Karyn Garvin currently lives in Tucson, Arizona where she has been training dogs professionally since 1977. She lives with her partner, their 7 dogs, 9 cats and a bird.

You may visit her business website at www.GarvinsDivineDogTraining.com

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(Karyn is also available for phone consultations)

DOGS / TRAINING / BEHAVIOR



**DIVINE
DOG
BOOKS**

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