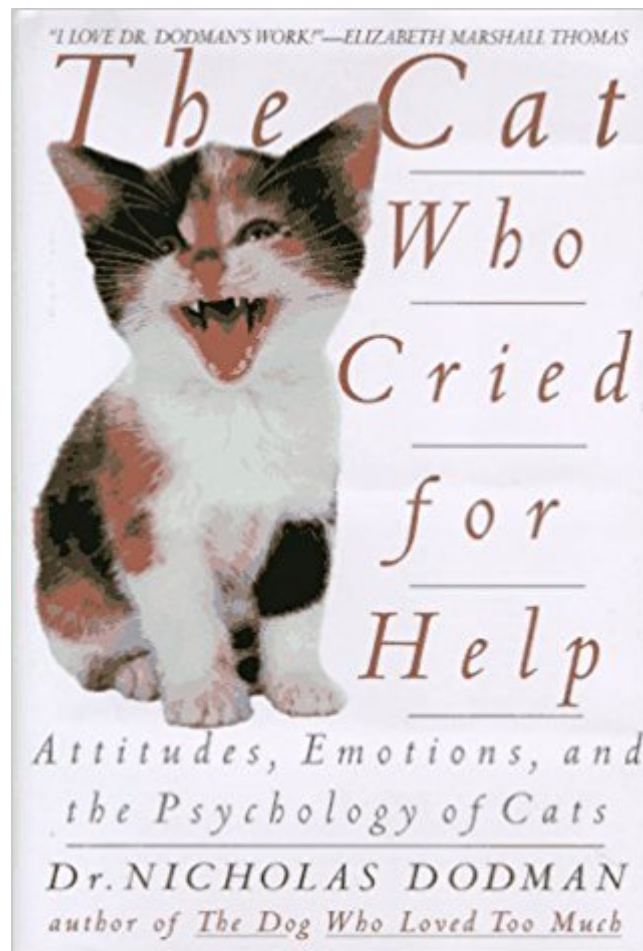




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The Cat Who Cried For Help: Attitudes, Emotions, And The Psychology Of Cats



Synopsis

In this groundbreaking book, Dr. Nicholas Dodman does for feline psychology what he did for canines in his widely acclaimed *The Dog Who Loved Too Much*. Here he reveals the fascinating, and often frustrating, mind of one of our most popular--and certainly most independent--animal companions, and shows how we can coexist peacefully with even the stubbornest of cats. What do you do about a cat determined to tear your sofa to shreds? Or one who gorges himself on your best running shoes . . . or attacks anyone who dares to open the refrigerator door? Drawing on remarkable real-life stories from his practice at the prestigious Tufts University School of Veterinary Medicine, Dr. Dodman shares the unique, compassionate, dramatically successful treatment programs that have given problem cats a new lease on life . . . and their perplexed owners long-term solutions to even the most intractable disorders. As any cat owner knows, changing a cat's behavior can seem like an impossible task. But contrary to popular belief, cats can be trained and cured of irritating habits and undesirable behaviors. *The Cat Who Cried for Help* shows how minor adjustments in diet, exercise regimen, and environment can effect dramatic breakthroughs in resolving almost any feline problem. From cat panic attacks to eating disorders, from litterbox aversion to depression and a wide range of feline phobias, Dr. Dodman has successfully treated and resolved these and many other heretofore untreatable behaviors. Inside, you'll meet Ashley, the boss-cat who literally bites the hand that feeds him; Jonathan, the binge-eater; Rubles, the Abyssinian Jekyll and Hyde, pussycat one minute, man-eating tiger the next; and Thomas, the cat who cried for help--a little too loudly. Dr. Dodman's techniques are based on the most up-to-date research in pharmacology and feline behaviorism. Yet the primary objective of his treatments is to respect and protect the qualities of independence and dignity fundamental to a cat's nature. Including descriptions of symptoms, treatment options, and tips on prevention, *The Cat Who Cried for Help* provides everything you need to know to ensure both you and your feline friend a long, happy, and healthy relationship. If you've ever wanted to better understand the nature of this mysterious, enigmatic, and fascinating creature, Dr. Dodman's book provides a penetrating look into the intriguing and intricate world of the cat in your life.

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Customer Reviews

Dr. Nicholas Dodman, professor of behavioral pharmacology at Tufts University School of Veterinary Medicine and director of the Behavior Clinic, turns his attention to our feline friends and their mysterious minds in *The Cat Who Cried for Help*. Similar to Dodman's discussion of dog behavioral problems in his popular first book, *The Dog Who Loved Too Much*, *The Cat Who Cried for Help* examines aggravating cat habits and undesirable behavior, and shows how modifications in such areas as diet, exercise, and environment cause remarkable improvements in the majority of problem cats. Divided into three sections, Dodman first tackles aggressive behavior, followed by emotional behavior, and compulsive cats. With examples from his own practice, Dodman intelligently communicates symptoms, treatment options, and helpful tips for prevention. Vital to his treatment is maintaining the cat's dignified and independent nature, an objective sure to please those cat owners irritated by certain kitty traits but concerned first and foremost for the health and well-being of their cats. Praised by author Elizabeth Marshall Thomas as "a thoughtful and creative approach to changing detrimental behavior," *The Cat Who Cried for Help* is perfect for cat owners interested in better understanding their fascinating feline.

Every year millions of cats are euthanized because their owners are no longer able to cope with their behaviors. An innovative leader in the treatment of domestic animal behavior who holds three patents for pharmacological solutions to such problems, Dodman (director, Animal Behavior Clinic, Tufts Univ. Sch. of Veterinary Medicine) demonstrates how even some of the most difficult behaviors can be changed by using a combination of behavior modification and in some cases drug therapies. He discusses three main types of problems in cats: aggression; emotional behaviors such as inappropriate elimination, excessive vocalization, and clawing on furniture; and compulsive behaviors such as hair pulling. Cat owners will welcome Dodman's sound advice and may find here

the clues to better understanding their feline companions. Like its predecessor, *The Dog Who Loved Too Much* (LJ 2/1/96), this book is highly recommended for its clarity, practicality, and genuine concern of the author. —Edell Marie Schaefer, Brookfield P.L., Wis. Copyright 1997 Reed Business Information, Inc.

This book has helped to save my sanity. I just adopted a cat who got to a RESCUE shelter when she was a kitten & was 6 yrs. old when I adopted her. She had very poor socialization. She was skittish & aggressive. She had never functioned in a multi-room home. I calmed down at night by reading this wise VET's book. It help ME back off & let her have some space to adjust to her new home. I ONLY set firm LIMITS & BOUNDARIES about really important issues. I helped familiarise her with the location of her food & water, her litter box, and where she could sleep, hang out & play. I WAS PRE-EMPTIVE WITH ISSUES ABOUT SCRATCHING THE FURNITURE OR JUMPING ON THE COUNTERS. I BOUGHT A HEAVY, CAN'T MISS IT, SCRATCHING "WALL" THAT I PUT NEXT TO THE CORNER OF THE SOFA. She spent alot of time under my BED ... But I stopped worrying. I even learned to make loud, cat sounds if she even got close to BITING or SCRATCHING ME!! I got as close to her as was tolerable to her. THIS VET IS SO GOOD AT THINKING THROUGH & EXPLAINING THE MOST DIFFICULT BEHAVIORAL PROBLEMS!! With THIS CAT WHO I LOVE... I WILL ALWAYS HAVE THIS BOOK BY MY BED. ãfÂ ã Åã Â•ã Â

The subtitle to *THE CAT WHO CRIED FOR HELP* is ATTITUDES, EMOTIONS, AND THE PSYCHOLOGY OF CATS. If you own a cat, you'll want to read this. This book is full of anecdotes, Dr. Dodman's experiences with cats and their owners at the Animal Behavior Department of Clinical Sciences at Tufts University. He shows over and over how cats can be trained and can be cured of annoying habits. Read this book if your cat has a habit you wish you could stop but don't know how. I think most cat owners will admit to that. Dr. Dodman probably has a story to show you what can be done. A problem you may have with this book is that Dr. Dodman's solutions often involve drugs. But they did work. If a problem with your cat is driving you crazy, you may wish someone would suggest drugs. :-)

The problem I had with the book is the part you may want to skip. A woman brings a cat home that she found behind some buildings. Right away she had the cat spayed. But that didn't cure the cat's constant crying to go out. The meowing was loud and bothersome, so, would you believe, she had the cat's meow taken away surgically! Then she had the cat declawed. Then I don't know what else because I couldn't read more. I do know from the Introduction that the cat never did stop crying to go out. The woman just didn't have to listen to her anymore. The cat died. If

ever there was a case for letting a cat go outside, this was one! Skip that story. It made me sick.

This author is truly an expert on cat body language and behavior. It would be so much better if said author could have included more reference pictures to assist in explanation of cat body language but the written and pictorial that was present was enough to satisfy my having purchased the book and to understand how different a cat's language is to a dog's, thus assisting in helping them better communicate together. The short stories included help example how to handle various situations.

Okay, I am like a lot of you who thought you'd never give your cat Prozac or any mind altering drug, but listen to my story. My cat, Elsie, developed a peeing problem. She peed everywhere and I mean everywhere - the floors, the windowsills, the bed, on the fridge, on my daughter's electric piano (appropriately called the pee-ano now and I don't know if I'll be able to afford to get it fixed) as well as on the toaster (twice!!) Toast, anyone?? Ewhh. Anyway, I did everything - changed the type of litter and bought new boxes (3); changed her food so that she did not have any dry food and only ate the wet expensive kind with no grains. I started making raw food for her with supplements, but found that it made her constipated and so I switched back to a good quality canned and some chicken thigh chunks added. I also took her to the vet, where they found she had a UTI and a large hairball (\$300). I was able to get her over her UTI and all, but she still continued to pee. Thus, I again took her to the vet and requested another blood test and an x-ray (\$400). She was found to have nothing wrong with her!! My vet suggested Prozac as well as Dasuquin (glucosamine for cystitis - just in case). It's been 2 plus weeks on Prozac and she has only had one accident. I don't want to put her to sleep and I have been very patient; so I am hoping that she will continue to do as well. So you see, Prozac saved her life and I might not have to have her on it forever. Anyway, the thing I like about the book is that Dr. D explained why cats often do this and I realized that Elsie was doing it because she was grieving the loss of my old cat that she was friends with and would groom. I have another cat, but they are not as close. So it is good to know why and maybe someday I will get a little boy kitten for her, as I know she loves to "baby" things. We'll see, but I have to thank Dr. Dodman. Sometimes drugs are just the only thing that will help, unless you have another idea. (Oh, and I forgot to say, I tried Rescue Remedy as well as Feliway at the beginning and that really didn't do anything.)

Required reading for cat companion volunteers at San Diego Humane Society. Interesting research on emotional lives of felines challenges you to think about animals as creatures who also have

emotional lives and are not just "stuffed toys" we keep around for our pleasure.

If you don't fully understand your cat and their behavior, you will find this to be a great source of info. It is well written, and easy to read. I would recommend this book to seasoned feline owners, or the new cat owner. This would be a great gift for anyone with a cat.

Not what I expected. Not very interesting or useful, from my point of view.

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