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Fifty Therapy Exercises with Animals

Author: Victoria Herrmani

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The therapeutic benefits of spending time with animals.

Our relationships with animals and the fact of caring for them play a fundamental role in our emotional lives. Spending time with animals has proven therapeutic benefits, both in terms of health and psychological well-being.

Inspired by animal therapy, zootherapy, and brief psychotherapy, these 50 easy exercises can be done with dogs, cats, horses, etc.. They focus on everyday problems, helping everyone feel better in all areas of life, especially with regard to:

- living in the present moment,
 - improving your self-esteem,
 - overcoming hardships,
 - reconnecting with nature,
 - developing your intuitive communication skills.
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