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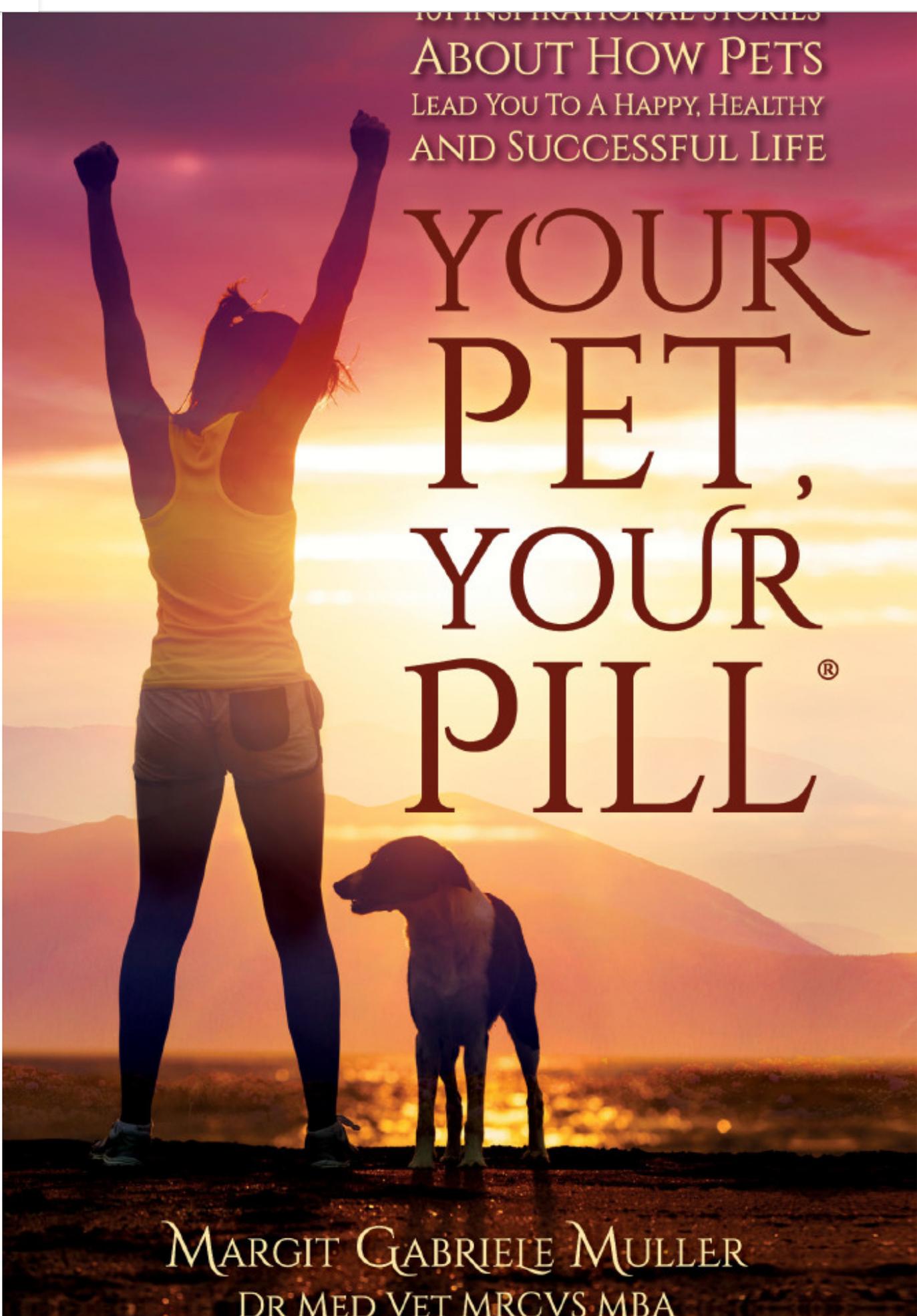
10 Lessons we can learn from dogs by Dr Margit Gabriele Muller

Author Margit Gabriele Muller writes a piece for Female First upon the release of her new book *Your Pet, Your Pill®: 101 Inspirational Stories About How Pets Lead You to a Happy, Healthy and Success*



3 November 2020

Dogs are often said to be our best friends and trusted companions but what lessons can we learn from them and how do they contribute to our personal improvement and development?



101 INSPIRATIONAL STORIES
ABOUT HOW PETS
LEAD YOU TO A HAPPY, HEALTHY
AND SUCCESSFUL LIFE

YOUR PET, YOUR PILL[®]

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1. Self-esteem

Research¹ proves that dog ownership improves self-esteem. People with greater self-esteem are usually more successful in both their professional and private lives.

2. Trust

Dogs are natural leaders and can serve as outstanding examples on how to trust in ourselves. Moreover, they have more trust in us than we actually have in ourselves. Trusting ourselves makes us better, stronger people and leaders².

3. Being more extrovert

It is well-established in the business world that extroverts have it easier in their work and become more successful than introverts. Researchers³ found that dog people were 15% more extroverted than cat people. The study also showed that dog people were outgoing, energetic, and had a positive attitude.

4. Enthusiasm

Often, we are excited at the start of something new, but this excitement quickly fades into the same boring routine, day in, day out. We can learn enthusiasm from dogs as they show us what real enthusiasm is and how to preserve it². Dogs' pure joy in doing things is unprecedented and they should be our role models to bring back and infuse joy into everything we do.

5. Dealing with rejection

One key to success is how we deal with social and other kind of rejection. A study⁴ found that momentary feelings of social rejection can be soothed, and people's wellbeing improved, by just thinking about a dog or even just its name, or by having a dog nearby.

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6. Transparency

The best way to fully understand the meaning of transparency is to observe a dog as an ideal role model². Dogs have no pretenses, vanity, ulterior motives, or defensiveness and don't fear being judged as they simply show their feelings and moods in an open, transparent way.

7. Conscientiousness

Conscientiousness is a key element of success. A survey³ concluded that dog people were 11% more conscientious than cat people. Dog people tend to be "planners" and are more self-disciplined with a keen sense of duty.

8. Agreeableness

As per a survey³, dog people are 13% more likely to be agreeable (trusting, kind, affectionate, sociable, and altruistic) than cat people or people without pets. These personality traits are particularly useful in improving personal and professional success.

9. Dominance

A certain level of dominance is necessary for C-suite executives who get people to carry out their decisions⁵. Research⁶ shows that elevated dominance scores predict a preference for dogs. This might be one reason why 83% of CEOs and C-suite executives have dogs⁵.

10. Leadership

People living with dogs can easily understand the importance of bio-empathic leadership⁷ which is the ability to look at things from nature's point of view. Instead of just always taking, these leaders give back and help nurture their organizations, as dogs do with their families or dog packs.

Conclusion

Your Pet, Your Pill: 101 Inspirational Stories About How Pets Lead You to A Happy, Healthy and Successful Life by Dr Margit Gabriele Muller, out now, available on Amazon.

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