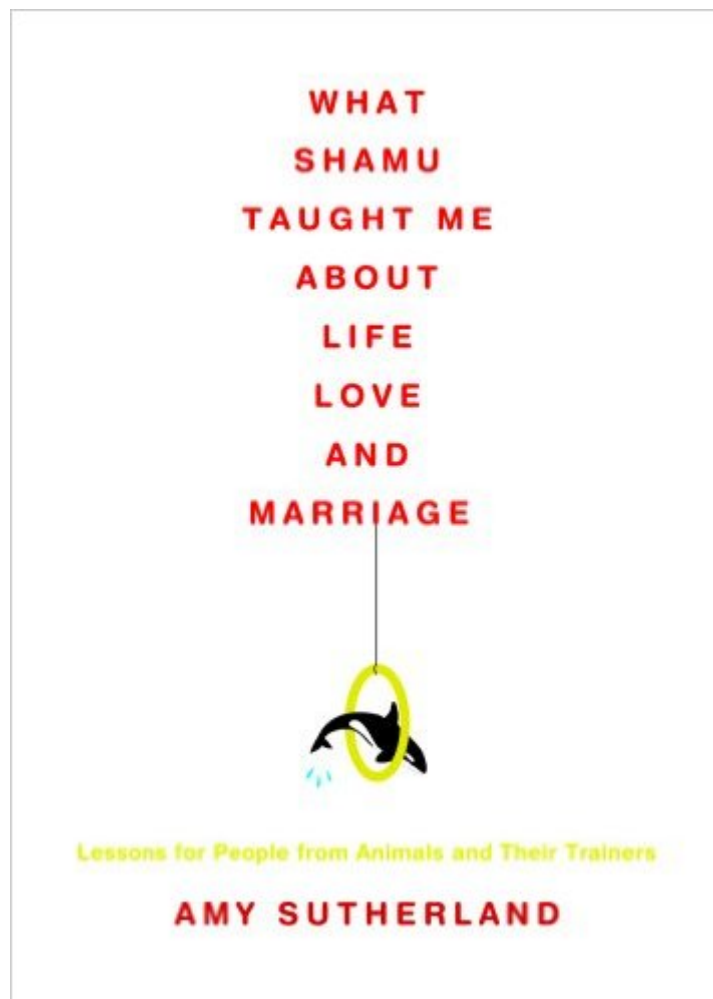


The book was found

What Shamu Taught Me About Life, Love, And Marriage: Lessons For People From Animals And Their Trainers



Synopsis

We can change--and train--people for the better, and every human interaction is training. This book is based on Amy Sutherland's number-one most viewed and often e-mailed article of the New York Times online in 2006, about applying the principles of exotic animal training to her marriage. The book will extend those lessons to other everyday relationship challenges, from your boyfriend's chronic lateness to your boss's micromanaging to the driver who likes to tailgate. Funny, charming and informative, this book puts a new spin on solving relationship problems.

Book Information

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Customer Reviews

As the jacket advertises, this book was inspired by an incredibly popular article the author wrote for the New York Times last year. I happened to read the article myself, and enjoyed it quite a bit. I was very interested to see what other insights the author had regarding our own human behavior.

Unfortunately, like many books inspired by articles, there's not much here beyond what Sutherland originally wrote. I sympathize to some degree with the author, because there was probably a lot of pressure to capitalize on her 15 minutes of fame. However, if you want to save some money, just pop on over to the New York Times online archives and read the original piece. You'll get just as much from that (for free) as from reading this book. In a nutshell, Sutherland worked as a journalist with an elite school for animal trainers in California, which inspired another book "Kicked, Bitten, and Scratched." I hate to say that I can't recommend that book either. In any case, she discovered that some of the techniques used to guide animal behavior can be used on people. This provided the basis for her highly entertaining NYTimes article, in which she described how she improved her

relationship with her husband. When he engaged in an "undesirable behavior", such as getting angry about lost keys, she stayed out of it ("starve the behavior"). Instead of nagging him to pick up after himself, she started thanking him for the rare times when he did it unprompted ("catch the animal doing something good"). These are good ideas, but as Sutherland herself acknowledges, they are primarily lifted from Kathleen Pryor, a brilliant animal trainer and an accomplished author herself.

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