

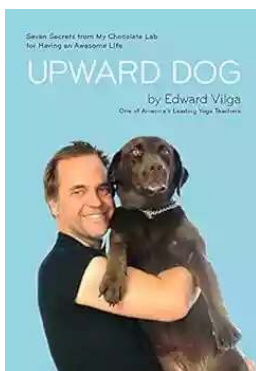
# Seven Secrets From My Chocolate Lab For Having An Awesome Life



Dogs are often seen as the embodiment of joy, happiness, and living life to the fullest. They have an amazing ability to find joy in the simplest of things, and my chocolate lab has taught me some valuable life lessons in the process. In this

article, I will share with you seven secrets that my chocolate lab has taught me for having an awesome life.

## Secret 1: Embrace Every Day With Enthusiasm



## Upward Dog: Seven Secrets from My Chocolate Lab for Having an Awesome Life

by Edward Vilga (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English

File size : 6862 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 123 pages

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Every morning, my chocolate lab wakes up with an infectious enthusiasm that is hard to ignore. He greets me with a wagging tail, ready to take on the day. This simple act has taught me to approach each day with the same enthusiasm, embracing everything that comes my way with an open heart and a positive mindset.

## **Secret 2: Be Present in the Moment**



Dogs have an incredible ability to live in the present moment. They don't dwell on the past or worry about the future. My chocolate lab has taught me the importance of being fully present in each moment. Whether it's enjoying a walk in the park or spending quality time with loved ones, being present allows us to fully experience and appreciate the beauty of life.

### Secret 3: Find Joy in the Simplest Things



My chocolate lab finds joy in the simplest of things - a leaf blowing in the wind, a game of fetch, or even just a warm spot to curl up in. This has taught me that true happiness can be found in the small, everyday moments. It's not about material possessions or grand achievements; it's about finding joy in the simple pleasures life has to offer.

## Secret 4: Unconditional Love is the Key



Dogs have an unparalleled ability to love unconditionally. No matter how their day has been or what mistakes we may have made, they still greet us with love and affection. This has taught me the power of unconditional love and the importance of showing it to both my furry friend and the people in my life. Love has the ability to heal wounds, strengthen relationships, and bring happiness into our lives.

## Secret 5: Live an Active and Healthy Lifestyle



Chocolate labs are known for their energetic and playful nature. My dog has taught me the importance of leading an active and healthy lifestyle. Regular exercise, a balanced diet, and plenty of sleep are essential for maintaining physical and mental well-being. By following his lead, I've been able to improve my own health and overall quality of life.

### **Secret 6: Cherish Relationships and Build Connections**



My chocolate lab has a natural ability to connect with people and forge strong relationships. He recognizes the importance of companionship and cherishes the relationships he has. Through him, I've learned the value of building connections and nurturing meaningful relationships with family, friends, and even strangers. These connections bring joy, support, and a sense of belonging into our lives.

### **Secret 7: Learn to Forgive and Let Go**

Dogs, for a reason,  
that can only be described as  
divine, have the ability to  
forgive, let go of the past,  
and live each day joyously.  
It's something the rest of  
us strive for.

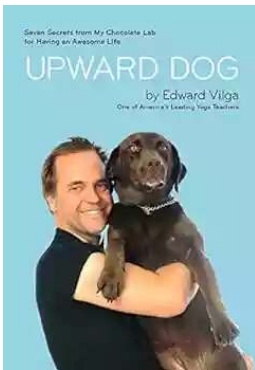
~Jennifer Skiff



Dogs have an innate ability to forgive and let go. No matter how we may have accidentally hurt their feelings or unintentionally caused them distress, they don't hold grudges. They teach us the importance of forgiveness and letting go of past hurts. By learning to forgive, we free ourselves from the burden of anger and resentment, allowing us to live a happier and more fulfilling life.



My chocolate lab has been an incredible teacher, sharing these seven secrets that have transformed my life. By embracing each day with enthusiasm, living in the present moment, finding joy in simple things, showing unconditional love, leading an active and healthy lifestyle, building connections, and learning to forgive and let go, we can all create an awesome life filled with happiness and fulfillment. So, let's take a lesson from our furry friends and start living life to the fullest!



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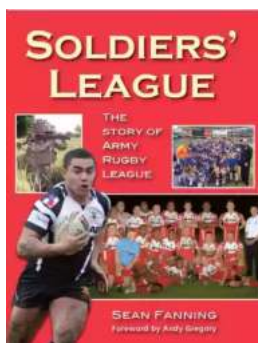
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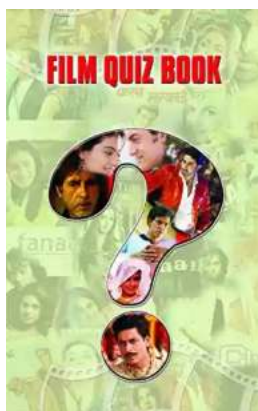
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"Making Kind Choices" Lighthearted and uplifting. Belle is a truly inspiring (and adorable) teacher! The beautiful pictures add a considerable amount of impact to the book's message. This book is a joy to read and to ponder." SHARON SALZBERG, NY Times Bestselling author and one of America's leading meditation teachers. "Enchanting! I could not agree more with the spirit and philosophy of UPWARD DOG!" JEFFREY MOUSSAIEFF MASSON, bestselling author DOGS NEVER LIE ABOUT LOVE (over 1 million copies sold worldwide) "Edward Vilga engagingly relates the interconnected consciousness between man's favorite pal (our pups) and us humans, helping us find calm, wisdom and inspiration in our lives. A must read for dog lovers and everyone else!" TARA STILES, bestselling author, creator with Deepak Chopra of "Authentic Yoga" for the iPhone. "Edward Vilga's creative genius shines brightly on every page of UPWARD DOG, and his wise dog Belle is the perfect teacher of life! I keep carrying this book around with me and reading it over and over. You will absolutely love it" SARK Author, Artist, Creative Fountain PlanetSARK.com



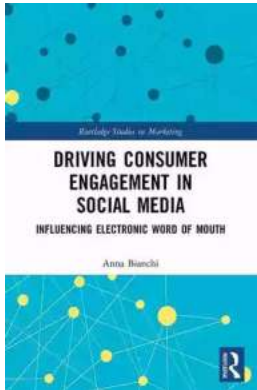
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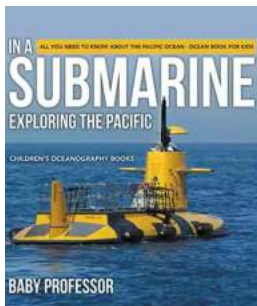
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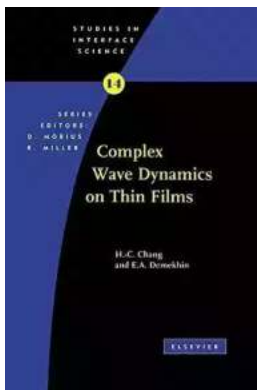
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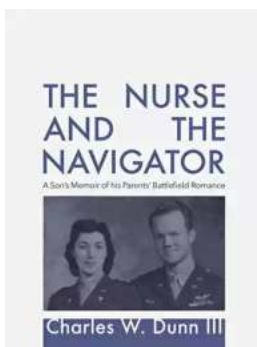
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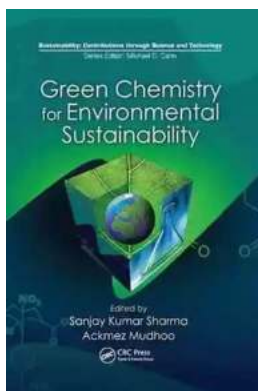
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