



Plenty in Life Is Free: Reflections on Dogs, Training and Finding Grace

Kathy Sdao

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What if the secret to great dog training is to be a frequent feeder; rather than a strong leader? A skilled reinforcer rather than a strict enforcer?

Over the past two decades, countless dog trainers across the world have embraced the liberal use of positive reinforcement. Often accompanying this trend, however, is an underlying emphasis, inherited from more coercive models of dog training, that each human in the family must be the dog's leader. But adopting the role of leader using what is known as the Nothing in Life is Free; training protocol can result in stifling rules that constrain a person's ability to share affection and attention with their dogs. This focus on human leadership puts the burden on dogs to earn their rewards rather than placing the primary responsibility on the humans to be generous, precise, creative feeders; (i.e., reinforcers).

In this new book, renowned dog trainer Kathy Sdao reveals how her journey through life and her decades of experience training marine mammals and dogs led her to reject a number of sacred cows including the leadership model of dog training. She describes in narrative fashion how she has come to focus her own training philosophy which emphasizes developing partnerships in which humans and dogs exchange reinforcements and continually cede the upper hand to one another.

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