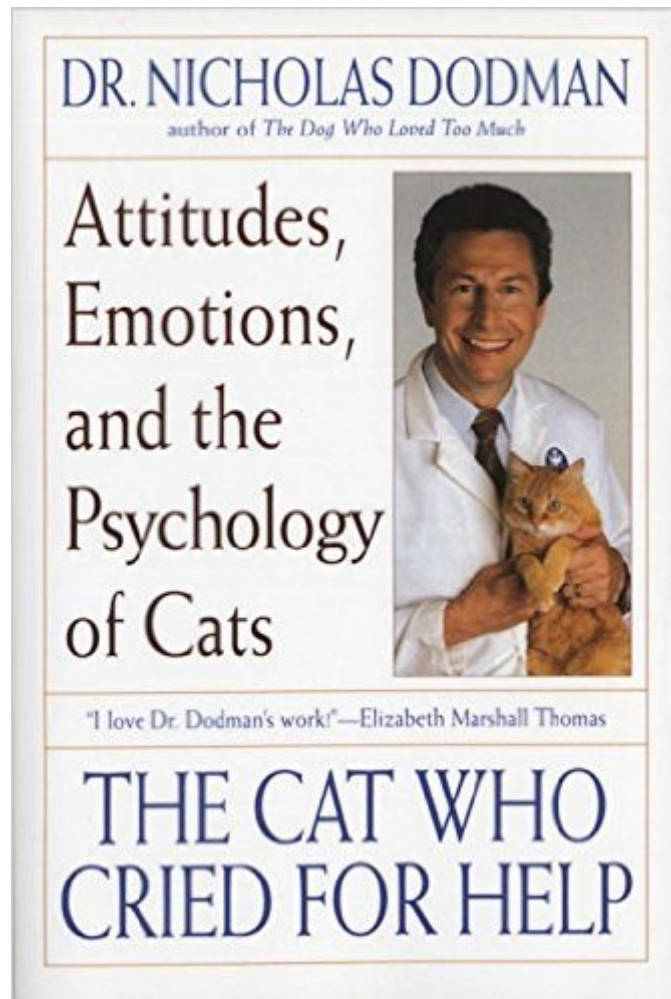


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# The Cat Who Cried For Help: Attitudes, Emotions, And The Psychology Of Cats



## Synopsis

In this groundbreaking book, Dr. Nicholas Dodman does for feline psychology what he did for canines in his widely acclaimed *The Dog Who Loved Too Much*. Here he reveals the fascinating, and often frustrating, mind of one of our most popular--and certainly most independent--animal companions, and shows how we can coexist peacefully with even the stubbornest of cats. What do you do about a cat determined to tear your sofa to shreds? Or one who gorges himself on your best running shoes . . . or attacks anyone who dares to open the refrigerator door? Drawing on remarkable real-life stories from his practice at the prestigious Tufts University School of Veterinary Medicine, Dr. Dodman shares the unique, compassionate, dramatically successful treatment programs that have given problem cats a new lease on life . . . and their perplexed owners long-term solutions to even the most intractable disorders. As any cat owner knows, changing a cat's behavior can seem like an impossible task. But contrary to popular belief, cats can be trained and cured of irritating habits and undesirable behaviors. *The Cat Who Cried for Help* shows how minor adjustments in diet, exercise regimen, and environment can effect dramatic breakthroughs in resolving almost any feline problem. From cat panic attacks to eating disorders, from litterbox aversion to depression and a wide range of feline phobias, Dr. Dodman has successfully treated and resolved these and many other heretofore untreatable behaviors. Inside, you'll meet Ashley, the boss-cat who literally bites the hand that feeds him; Jonathan, the binge-eater; Rubles, the Abyssinian Jekyll and Hyde, pussycat one minute, man-eating tiger the next; and Thomas, the cat who cried for help--a little too loudly. Dr. Dodman's techniques are based on the most up-to-date research in pharmacology and feline behaviorism. Yet the primary objective of his treatments is to respect and protect the qualities of independence and dignity fundamental to a cat's nature. Including descriptions of symptoms, treatment options, and tips on prevention, *The Cat Who Cried for Help* provides everything you need to know to ensure both you and your feline friend a long, happy, and healthy relationship. If you've ever wanted to better understand the nature of this mysterious, enigmatic, and fascinating creature, Dr. Dodman's book provides a penetrating look into the intriguing and intricate world of the cat in your life. From the Hardcover edition.

## Book Information

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## Customer Reviews

Dodson writes well and describes cats with affection. In virtually every case, however, the afflicted cat ends up being treated with buspirone. (Dodson does not mention any tips on how to get cats to take the pills.) I STOPPED reading on page 115--about half-way through the book when yet another cat was medicated. At the bottom of page 115 Dodson reveals that he has a patent on buspirone. Dodson has, according to the back jacket of the book "four patents for the pharmacological control of behavior problems". While behavior problems can and should be humanely addressed, I wonder if forcing pills on cats cannot end up being counter-productive. Certainly it can help some of the time, especially if your cat likes to take pills. But the book ends up reading like one long advertisement for feline SSRI's.

This book was entertaining, but... there is only one 19-page chapter dedicated to the problem of "inappropriate elimination" (peeing/pooping in the wrong place), even though the author himself describes it as "the number one behavior problem". He says "No other problem causes so much grief and leads them so often to consider the final solution of euthanasia". I want to ask the author: given that, don't you think most people are buying the book for that reason and you should have dedicated more time to this topic??? The stories in that chapter did not contain any revelations for me - his examples all had fairly obvious causes and were easy to fix, such as the owner changed the litter box, boyfriend moved in, owner had 2 litter boxes for 6 cats, or the cat is doing it out of anxiety and responds nicely to medication (lucky them). Throughout the book, I wish he had spent less time making cute anecdotes and more time detailing possible effective interventions.

I started fostering for Siamese Rescue and quickly realized that I needed a lot better grounding in

cat psychology to effectively manage a multi-multi-cat household -- not to mention to help the cats who came to us with behavior problems. Being obsessive-compulsive, I ordered 8 cat behavior books. This one was the best by a pretty wide margin -- after reading it suddenly most of the various cats' behaviors began to make sense! ("Twisted Whiskers" was second best and also a very good book.)

I have four cats, all of whom have had behavioral problems due to abuse and/or abandonment issues. Reading this book gave me great advice and step by step guides on modifying inappropriate behavior. "The Cat who Cried for Help" is an entertaining and easy read that uses the author's own cases as examples of success and sometimes failure. I use the book often as a reference since each topic is broken into chapters with a clever title and funny case story to start. For example, the chapter "The Writing on the Wall" deals with problems of kitty "bathroom" issues such as litter boxes, spraying/marking, UTI's, ect... Understanding why a cat does what it does, and what it's trying to tell me in the process has made our home a much happier, and cleaner, place! The importance the author puts on being patient is key to making this book successful. Solving feline problems doesn't happen over night- in our case it took about 5 months, but if you follow Dr. Dodman's advice and don't expect an immediate miracle, you will end up with a happy kitty (and owner)!

Dr. Dodman's book, "The Cat Who Cried for Help" is incredibly insightful and informative in an easy to read format. It is apparant that he has an exceptional understanding of feline behaviour and that he truly cares for the well being of cat and owner. His explanation of prescriptions used in behavior modification gave me the confidence to move forward this with method of treatment. When you have a problem with a cat you love and when parting with that cat is absolutely not an option, Dr. Dodman comes in with welcome, practical and sound advice. Anyone who loves cats will appreciate and benefit by reading this book.

Having five cats in my home, I found this book truly informative. I often find that vets, hoeweever professional, are limited in their knowledge of my cats behavior "problems", or what I perceive as a problem. Dr. Dodmans book made me believe for the first time that someone really knew what was going on in those precious little minds. I have two "sprayers" in my home, until this book, all I could get from the vets was, you have too many, get rid of some. Not as easy as all that for me, I love these cats. Dr Dodmans book gave me hope. I searched until I found a DVM that was willing to work

with me in trying to help my cats get along with one another and hopefully curb their need to reestablish territorial boundaries a dozen times a day. Thank you Dr.Dodman.

This book saved my sanity and the life of the rescue/stray cat I adopted into my household. My stray kitty came with the usual feral physical problems. He also came with a feral mindset that I couldn't break through. As a nocturnal creature, he slept all day while I was at work, and was up all night, and I do mean ALL NIGHT. He frantically went from window to window trying to escape, he howled, he loudly meowed, he jumped up on my bed for some cuddling, jumped down to eat, urinated on all my furniture and on me, while I lay in bed trying to sleep; and in general, kept me and my resident cat (who is very quiet, by nature) up all night. I thought I would go crazy from lack of sleep. Then I read Dr. Dodman's book. It is a revelation. I had no idea there were pet behaviorists, no idea there were veterinarians who prescribed mood altering drugs for behavioral problems, such as Elavil, Prozac, Valium, to name but a few. My vet turned out to be quite knowledgeable in this field, and prescribed an effective medication which immediately saw positive results. All of the psychological problems vanished after I gave my cat its first tiny pill. The information concerning animal behavior is excellent and up to date. I cannot recommend this book too highly. BUY THIS BOOK, IF YOU OWN A CAT!

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