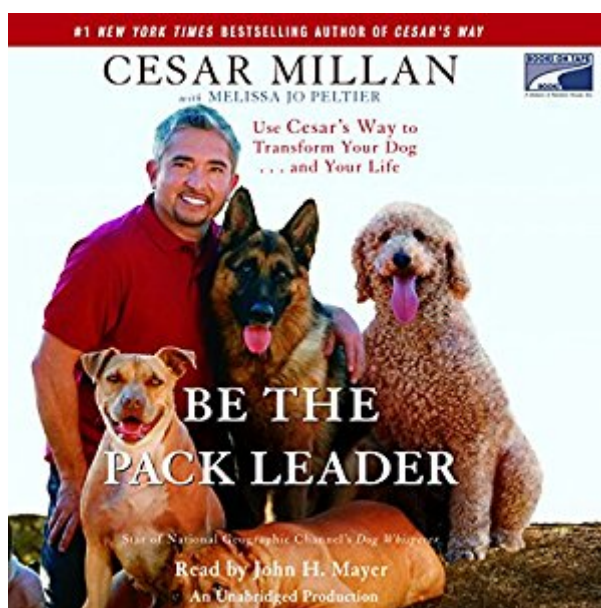


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Be The Pack Leader: Use Cesar's Way To Transform Your Dog...and Your Life



Synopsis

Bestselling author Cesar Millan takes his principles of dog psychology a step further, showing you how to develop the calm-assertive energy of a successful pack leader and use it to improve your dog's life—and your own. Filled with practical tips and techniques as well as real-life success stories from his clients (including the Grogan family, owners of Marley from *Marley & Me*) and his popular television show *Dog Whisperer with Cesar Millan*, Cesar helps you understand and read your dog's energy as well as your own so that you can move beyond just correcting behavioral issues and take your connection with your dog to the next level. The principles of calm-assertive energy will help you become a better pack leader in every area of your life, improving your relationships with friends, family, and coworkers. In addition, Cesar addresses several important issues for the first time, including what you need to know about the major dog behavior tools available and the difference between personality and instability. Ultimately, what emerges from *Be the Pack Leader* are both happier dogs and happier, more centered owners.

--This text refers to the Hardcover edition.

Book Information

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Customer Reviews

I purchased this book and the "Teach your Dog 100 English Words" book (bought that on her website because it was almost double the price on for some reason). This book is very cerebral. Obviously, Cesar Millan knows and understands dogs. However, his writing style of stories and advice of "calm, assertive energy" and "pack mentality" isn't super helpful because it isn't actionable. The "100 Words" book seemed to take the same concepts Cesar talks about and make

them easier to understand and apply. I agree with other reviewers that if you watched a few episodes of Cesar's show, you'd probably get the gist.

I enjoy watching Cesar's shows but this book simply repeats the same stuff over and over again. Instead of a useful go-to reference book you read what could be said in a single page and then the book is next to useless. I would have tossed it but couldn't bring myself, so it went in a Little Library Box.

I don't care what some sceptics say, we followed the training as stated in the book, and we had in minutes our dogs walking beside us, not trying to choke themselves dragging us behind them, along with other things we have learnt, we found the application of methods in this book worked, its that simple. We are glad had this book to help us with our pets. Cheers

seems to be more about his personal life and not enough about dog training, this is the first book of his I have bought hope the rest aren't like this one

I have watched the "dog whisperer" on TV several times and was impressed with his handling of dogs that owners could not control. When his book became available I immediately purchased it since I have a young mixed lab/pit who has increased in size and energy. I needed teach this pup the manners he needed to remain in my household. Cesar' book had an enormous amount to instructions and tips for teaching him and also teaching me some of the things I needed to know while doing so. While time and patience are required almost every suggestion has worked and I have a dog that will not knock you down jumping up while playing. If you have the time and patience to apply these procedures in the book it is well worth the time to buy it and read it. Thanks to Cesar.

This is a good book that is half technique, half philosophy. His techniques make sense but are not always so easy to implement for the average dog owner. It really does require discipline and patience and time. If you have a high energy dog with baggage it is much more challenging than implied to get your dog under control. How you, the owner, acts does make a difference. The book is worth a read. I would suggest watching some of his TV shows to get a clearer sense of Cesar way to behavior modification.

This is the Bible of Dog psychology, dog training. Everybody should read it before even getting a

dog. It would save so much headache and frustration. This book really helped me save me from going insane because I couldn't walk my dog for the first three years and it saved my dog's life by saving him from going to the pound. Everybody wins. Thank you, Cesar Milan! I have become your greatest fan!

We have had dogs our whole lives (we're seniors) and never really had a dog with issues we didn't know how to address. That changed when we got our most recent dog from a rescue organization. We've had rescue dogs and cats before and highly recommend it, but being a good pack leader is even more important when you get an adult dog that hasn't been socialized well. The first thing I would tell folks is to get one of Cesar's books or videos BEFORE you go get your dog. Knowing how to bring a dog (especially an adult dog like ours) home and introduce them to your family is very important and can nip some problems in the bud. We "fell in love" with "Tara" and brought her home and showered her with love and affection because we felt sorry for her and because we had missed having a dog since ours passed and because we love dogs. She responded with love and affection, but was beginning to show signs of taking over the house. On top of that, we found out that our sweet lovable little ball of fur, HATES, HATES other dogs. Not people, thank heaven, but she went ape whenever she saw a dog - I mean, crazed growling and barking and snapping. Not cool in a neighborhood that where almost everyone has at least one dog and they spend quite a bit of time outside in their yard or walking. Then we started noticing she was fixating on my cockatiel and licking her lips whenever she saw her. She even jumped up and knocked over her cage. Scary. Then she started barking at everything that moved outside the window, birds, leaves, people. For the first time in all my dog years, I was at a lost as what to do, but there was no way I was returning her. We took her into our lives for keeps. I already was a fan of Mr. Millan's show, so naturally I turned to him for help. I bought a video on picking out and bringing a dog home. It pointed out several things that we had already done wrong. As suggested by Cesar's book and video, I talked to a local trainer too. She said that Tara appeared to have been bullied by her previous owner, and/or by their dogs. (she had a very aggressive brother that we did not select for that reason) and had a serious problem that was fear based. (fear aggressive in Cesar's terms) She gave me some tips that I am using in conjunction with this book to help us be better dog owners and to tackle the issues we were having. We really want her to be a big part of our lives which includes travel, camping and walking our dog down the street without fear of offending the neighbors or worse, having our dog attack theirs. We wanted a happy dog and to be a happy family. This book has helped so much. I learned some things we needed to change and immediately began to follow Cesar's exercise,

discipline, affection structure. She loved the exercise part, but that created more tension because of her reaction to dogs. We found a slot of time when most of the rest of the dogs were indoors and walked, walked, walked. Taking charge of our house was easier than I thought. She fell into line fairly quickly when we set rules and followed up with calm, no nonsense correction. I couldn't believe how LESS talk and more energy could make such a huge difference. Now my husband and I laugh at each other whenever one of starts "explaining" something we'd rather she not do to Tara. She doesn't get it, but she understands our body language and energy. One word or sound works much better than all the pleading or cooking in the world. He books reinforced what I already knew, that dogs sense how we are feeling and our energy and that makes a huge difference in how they react. If we lose it, they will too. We have to stay calm and strong for her so that she knows she is safe and can follow us anywhere. Outside was harder, but we have made great strides. It's been two and half months and we can actually walk by a fenced dog that is barking without her going crazy and wanting to eat him. HUGE progress! We still haven't done the actual meet another dog thing, but I think we'll take Cesar's recommendation and include the trainer for that part. I really don't want to use a friend's dog to see if we can all keep our heads. She should be ready for that step soon. The bird issue is also getting better. I have established the bird as "mine" and even though she still rushes toward her at times when the bird is squawking, she will back off with a look or hand signal from me. Cesar's book is full of helpful advice and examples. The only drawback is that it seems rather disjointed in the way it was edited. I can overlook that for results like we have gotten. It will take time, and my husband and I both have to be on the same page and be consistent and continue to be calm and assertive (this does not mean bossy or mean!). I will never be have the magic he has, but reading his books and watching his video has put us on the road to a happier life with our dog and to staying calm when our dog isn't. I wish I could hug Cesar.

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