

## 9 Tips for Finding Happiness in a Fast-Paced World



### Tip #4: Take a View of Life from a Dog's Eyes

If you're a dog lover like I am, you'll probably appreciate today's Tip for Finding Happiness. And even if you're not, there's still something to be said for the dog's approach to living.

These days, my black labs Kobe and Bear have it good. There's nearly always someone home (usually me) to let them out, give them a scratch behind the ear or a belly rub, or chuck one of them a doggie treat for being a good boy (which pretty much just means keeping off the couch or thumping their tails and "grinning" as I pass by).

And yet, there are times when the kids aren't around and my wife and I will be out for an entire day. On those occasions, we let the dogs out in the morning and give them the run of the house until we return by dinnertime or so.

When we turn the key in the door, we are received with welcome-home barks, excited scrabbling and snuffing and fierce tail-wagging. My dogs eagerly sniff up the scents we carry home that tell stories of where we've been and who or what we encountered along the way.

I want to point out here that my dogs naturally would prefer it if we were around all the time, lavishing them with love and attention. But we have our own lives to tend to, which of course cannot include catering to their whims at every given moment.

What's interesting is that when we do occasionally leave Kobe and Bear alone for long stretches of time, they're still always overjoyed to see us when we return.

**THAT is what I call living in the moment.** It's something that we humans could take a lesson about from our canine friends.

Imagine if instead of bounding about excitedly to greet us at the door, our dogs harbored resentment over being left alone?

Imagine if, when we did grab a baseball and shake the leash, signaling it was time to play... our dogs just looked at us with sad eyes and turned their heads away, preferring to dwell in the injustice they felt they had been served earlier?

To their credit, dogs are loyal to the bone, and true opportunists. And there is no better animal who knows how to cultivate happy relationships.

### Take it from a dog:

- Why turn down a potential good time in favor of moping about and coddling old hurts?
- Why let pride rule (ruin) the beautiful moments that we can share with people we love?

**Wouldn't it be amazing if humans could take their relationships at face value... letting bygones be bygones, and living joyfully and ecstatically in the present, just as our dogs do?**

If something or someone angers or displeases me, or if I feel let down in some way, I try to let the moment pass. Then I move on in anticipation of the exciting possibilities that lie ahead.

I learned this from my dogs, Kobe and Bear. Dogs know how to be happy. Why don't we?

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### **Slow Down... Fast.**

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