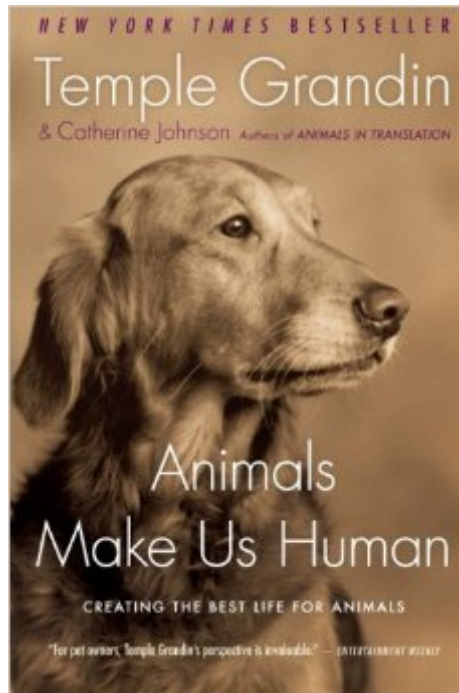


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# Animals Make Us Human: Creating The Best Life For Animals



## Synopsis

The best-selling animal advocate Temple Grandin offers the most exciting exploration of how animals feel since *The Hidden Life of Dogs*. In her groundbreaking and best-selling book *Animals in Translation*, Temple Grandin drew on her own experience with autism as well as her distinguished career as an animal scientist to deliver extraordinary insights into how animals think, act, and feel. Now she builds on those insights to show us how to give our animals the best and happiest life—on their terms, not ours. It's usually easy to pinpoint the cause of physical pain in animals, but to know what is causing them emotional distress is much harder. Drawing on the latest research and her own work, Grandin identifies the core emotional needs of animals. Then she explains how to fulfill them for dogs and cats, horses, farm animals, and zoo animals. Whether it's how to make the healthiest environment for the dog you must leave alone most of the day, how to keep pigs from being bored, or how to know if the lion pacing in the zoo is miserable or just exercising, Grandin teaches us to challenge our assumptions about animal contentment and honor our bond with our fellow creatures. *Animals Make Us Human* is the culmination of almost thirty years of research, experimentation, and experience. This is essential reading for anyone who's ever owned, cared for, or simply cared about an animal.

## Book Information

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## Customer Reviews

Understanding animals and "Creating the Best Life for Animals" is the focus of Temple Grandin's new book. As it turns out, we have more in common emotionally with our animal friends than we knew. "All animals and people have the same core emotion systems in the brain." The Core

Emotions are: 1. Seeking, 2. Rage, 3. Fear, and 4. Panic; plus three sophisticated, special-purpose ones: 5. Lust (sex drive) 6. Care, and 7. Play. Temple Grandin, as a person with autism, brings her unique perspective about animal emotions and behavior to her readers. Her tendency to "think in pictures", rather than in words--among other things--aids her ability to "see things from animals point of view". Despite the fact that she is autistic, she has achieved an almost unheard of success in the "real world", academically and within the industry of animal husbandry, as also the lay public. Dr. Grandin has authored or co-authored numerous books, and is also a popular speaker. "Animals Make Us Human" is not only quite readable to the "lay" audience, but the book is also firmly rooted in scientific research. Her co-author, Catherine Johnson, PhD; is a writer in the field of neuropsychiatry and the brain. The book is well-indexed and extensively footnoted. This is a huge improvement over her earlier book, "Animals in Translation". She cites over one hundred scientific papers (which I find amazing) that help back up the information she bases on her personal intuition and experiences with the animals she works with. Also, she loves them. I found her previous book, "Animals in Translation", intriguing and readable. Although I found much of her reasoning to be rather speculative, it did give me a lot of food for thought.

Grandin, an animal behaviorist known for her humane slaughterhouse designs and her outstanding books on autism (particularly her memoir "Thinking in Pictures") and relationships with animals ("Animals in Translation"), focuses on how we can give domestic animals the best life. Most people will find the chapters on cats and dogs the most useful. Other chapters explore the emotional and physical worlds of horses, cows, pigs, poultry, wildlife and zoo animals and how each intersects with humans (not always a pretty picture). In each, Grandin engages the reader with illuminating behavioral studies and empathic interpretations. She approaches her subject with a system. "The rule is simple: Don't stimulate RAGE, FEAR, and PANIC if you can help it, and do stimulate SEEKING and also PLAY." Much of her advice is common sense but the science offers fascinating reinforcement and explanation. Purebred dogs, for instance, have lost a lot of the wolf's natural submissive behaviors -- designed to keep the peace -- and may no longer be able to recognize warning signs in other dogs. She also calls the animal's natural social evolution into play. Dogs, she says, descend from families of wolves, not packs, and are looking for a parent, not an alpha. Horses' fear and flight responses are the basis of their survival in the wild and training them requires reassurance, not breaking. She shows how to recognize emotional states in animals and gives advice on avoiding negative reactions. All animals are frightened by new things -- and all animals are attracted to new things. It all depends on how it's presented -- forcibly or voluntarily.

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