

# Sacramento Book Review



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## **Be a Dog With a Bone**

By *Peggy McColl*

*Hay House, \$14.95, 112 pages*

Dog lovers will recognize and enjoy the many examples McColl uses in her inspirational book *Be a Dog With a Bone*. Recognizing the single-minded focus a dog has when he gets a bone, McColl has collected a series of ideas (dogmas, if you will) and uses them to teach life lessons. Subjects include Don't Chase Your Tail, Bark for What You Want, Only Ingest Things That Are Good For You, and Dogged Determination (the dog with a bone chapter). The dog metaphors don't get old, as McColl keeps the book and the chapters short and to the point, not adding filler to bump up the page count and the price. McColl is described as an expert in "destiny achievement," which is probably fancy term for life coach, but she has a sense of humor and an observant eye.

If this book does well, I'm willing to bet we'll see something like *Be a Cat With A Patch of Sunlight* or something similar. But McColl can probably pull it off.

