

# My Approach to Training

**A**s the mother of three children and an animal trainer for more than twenty years, I have come to understand that the lessons learned in motherhood are applicable to dog training. This book shares my dog training system, which is based on the positive reinforcement approach. Unlike the traditional training programs currently in vogue, such as the one Cesar Millan uses in the *Dog Whisperer* series, positive reinforcement training holds at its core that dogs learn good behavior by being rewarded for doing well, and that punishment doesn't have to come in the form of a reprimand or, worse, physical force. In positive reinforcement training, our job is to love

