

Sit, Stay, Heal: What Dogs Can Teach Us About Living Well with Dr. Renee Alsarraf

July 27, 2023 | by Patricia M. Barbarito

This episode is for the dogs...and cats...and, really, any animal friend that has ever impressed you with its resiliency and capacity for love, forgiveness, and silliness. Host **Pat Barbarito** welcomes veterinarian oncologist, cancer survivor, wife, boy mom, pet parent, and featured guest **Dr. Renee Alsarraf** and invites her to share the inspiration behind Renee's debut memoir, *Sit, Stay, Heal: What Dogs Can Teach Us About Living Well*.

The story begins with the unbelievable timing of Renee and her dog Newton's cancer diagnoses, and the inevitable comparison between how human and animal were reacting to treatment – a glaring difference that would ultimately make Renee realize her four-legged friend was far wiser than she ever expected.

Join the conversation to explore what dogs (pets) have to teach us (humans) about:

- The value of community connection;
- The power of the waiting room;
- The sanctity of self-care;
- The importance of mindset and mindfulness; and so much more



Sit, Stay, Heal: What Dogs Can Teach Us About Living Well was featured on the Kelly Clarkson Show and is available at Barnes & Noble, Amazon.com, and Target. Please [click here](#) for more information.

"A dog is the only thing on earth that loves you more than he loves himself." – Josh Billings

Heartbreak & hope

with Pat Barbarito



Co-managing partner and divorce lawyer [Pat Barbarito](#)

thought she knew all about complex relationships and the laws that govern them – until her own marriage of 17 years ended and she determined to get to the heart of love, marriage, and human connection. Her journey spanned the entire scope of relationships – from the science of attraction to the financial impact of separation, to old myths that society still touts as true to new laws that outline how to navigate both uniting and uncoupling.

Heartbreak & Hope with Pat Barbarito offers insights, anecdotes, and guidance from a variety of experts and includes her own perspective on how best to thrive through any stage of relationship building.

