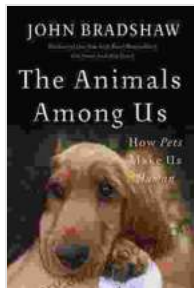


# How Pets Make Us Human: The Science of the Deep Bond Between Humans and Animals



## The Animals Among Us: How Pets Make Us Human

by John Bradshaw

★★★★☆ 4.2 out of 5

Language : English  
File size : 45230 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 385 pages



Have you ever wondered why you feel so attached to your pet? Why does their presence make you feel calmer, happier, and more loved? The answer, according to author Davina MacKail, is that pets make us human.

In her book *\_How Pets Make Us Human\_*, MacKail explores the deep and enduring bond between humans and animals. She draws on years of research in the science of pet ownership to show how pets can improve our physical, emotional, and cognitive health. She also tells the stories of pet owners who have experienced the healing power of their animals.

### The Physical Benefits of Pets

Pets can have a number of positive effects on our physical health. Studies have shown that pet owners are more likely to exercise, have lower blood

pressure, and have stronger immune systems. Pets can also help us to recover from illness and injury more quickly.

One of the most well-known physical benefits of pets is their ability to reduce stress. Studies have shown that simply petting a dog or cat can lower levels of the stress hormone cortisol. Pets can also provide a sense of comfort and security, which can help to reduce anxiety and depression.

In addition to reducing stress, pets can also help to improve our heart health. Studies have shown that pet owners are less likely to die from heart disease. Pets can also help to lower blood pressure and cholesterol levels.

### **The Emotional Benefits of Pets**

Pets can also have a profound impact on our emotional health. They can provide us with companionship, unconditional love, and a sense of purpose. Pets can also help us to cope with difficult times, such as grief, loss, and illness.

One of the most important emotional benefits of pets is their ability to provide companionship. Pets can help to reduce loneliness and isolation, and they can provide a sense of belonging. Pets can also be a source of comfort and support during difficult times.

Pets can also help to improve our mood. Studies have shown that pet owners are more likely to be happy and optimistic. Pets can also help to reduce symptoms of depression and anxiety.

### **The Cognitive Benefits of Pets**

Pets can also have a number of cognitive benefits. They can help to improve our memory, attention, and problem-solving skills. Pets can also help to protect us from cognitive decline as we age.

One of the most well-known cognitive benefits of pets is their ability to improve our memory. Studies have shown that pet owners are better able to remember information than non-pet owners. Pets can also help to improve our attention span and focus.

Pets can also help to protect us from cognitive decline as we age. Studies have shown that pet owners are less likely to develop dementia and Alzheimer's disease. Pets can also help to improve our cognitive function in other ways, such as by helping us to learn new things and solve problems.

## **The Healing Power of Pets**

In addition to the physical, emotional, and cognitive benefits listed above, pets can also have a healing power. Pets can help us to recover from illness and injury more quickly, and they can provide comfort and support during difficult times.

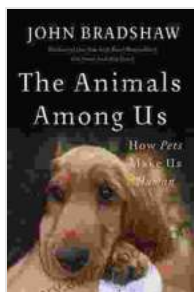
There are many stories of pets helping their owners to heal from illness and injury. For example, there is the story of a dog named Buddy who helped his owner, Jill, to recover from a stroke. Buddy would stay by Jill's side and help her to walk and talk. Jill credits Buddy with helping her to make a full recovery.

Pets can also provide comfort and support during difficult times. For example, there is the story of a cat named Whiskers who helped his owner,

Sarah, to cope with the death of her husband. Whiskers would sleep on Sarah's chest and purr, providing her with comfort and support.

Pets are more than just companions. They can have a profound impact on our physical, emotional, and cognitive health. Pets can help us to live longer, happier, and healthier lives.

If you are looking for a way to improve your health and well-being, consider getting a pet. A pet can be a great way to add joy and meaning to your life.



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