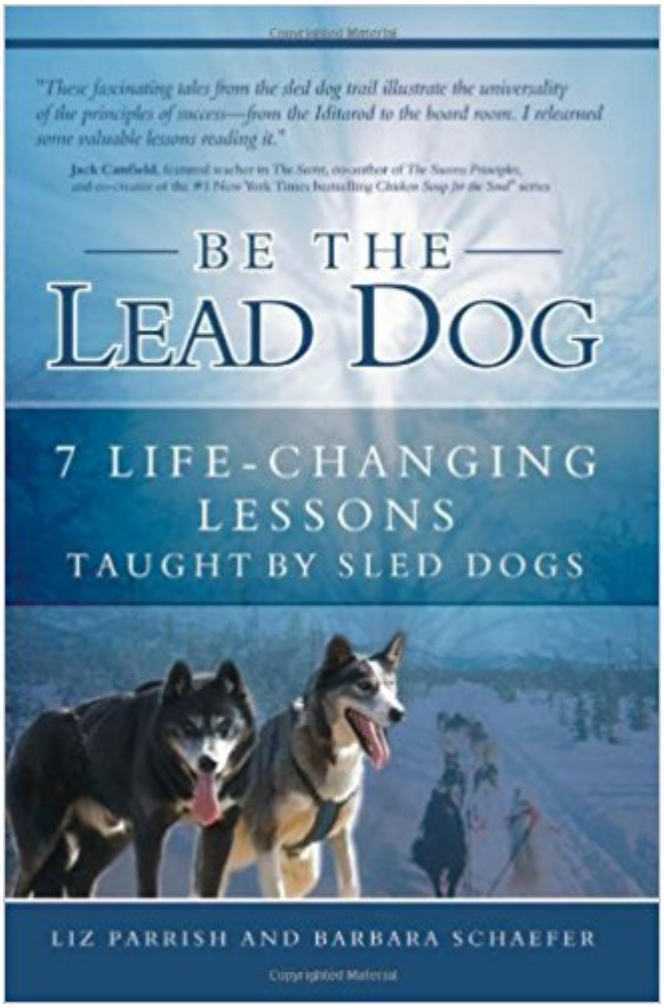
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Be The Lead Dog - 7 Life-Changing Lessons Taught By Sled Dogs



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Synopsis

Brought to you be renowned mushers, speakers and entrepreneurs Liz Parrish and Barb Schaefer, Be the Lead Dog lays out the foundational lessons you need to be your best. Use these strategies and tips to achieve your full potential...in leadership, teambuilding, communications and life! Decades of training, racing and being guided by their champion dogs have given Liz and Barb a wealth of experience from which to draw their insider secrets of the relationship of sled dogs and their people, and how those can be applied to everyday life. This knowledge and insight is crucial to understand and implement what it takes to accomplish your goals in every facet of your professional and personal spheres. Through their stories, explanations and action tips, they lay out a powerful and inspiring case for utilizing the empowering life lessons taught by their sled dogs. This easily digested yet profound book also references additional educational and practical materials on the website included as part of the book. This bonus material helps the reader engage with the lessons and apply them immediately to their own lives and situations.

Book Information

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Customer Reviews

Liz Parrish had three goals for running the Iditarod: train her own team, complete the Iditarod for her 50th birthday, and have fun! From a difficult start beating childhood cancer and chronic health conditions, she thrives while seeking challenges. Leaving a successful corporate career and starting with zero sled dog experience, she spent a decade building and training her own sled dog team. Liz and her team finished the 2008 Iditarod in 14 days with 14 dogs, despite being "Iditarod s Littlest Musher." A public speaker, an author and a leadership coach, Barb Schaefer is also a nationally

and internationally respected teen development mentor. Siberian Huskies have been her passion for over 20 years. Barb and her dogs have been featured on Discovery Channel s Animal Planet among others. She raised and trained Jasmine who played the lead dog in Disney s Eight Below. Barb is a 10-year Iditarod volunteer, which gave her invaluable insights into the relationships between sled dogs and their mushers. Today, as co-owners of Life...Through Dogs, Liz and Barb teach people how to "Be The Lead Dog" with real-world practical applications in their own personal and corporate lives.

It was really good for me Reading this book! I love dogs and to think like this was an eye opener!

Fun to read!

It states the obvious. Eh. Would not recommend.

I've read my copy of "Be The Lead Dog" from cover to cover twice and referred multiple times to specific sections. This book may never make it to my library shelves - I'll be referring to it a lot for inspiration and affirmation. The information is presented in an easy to read and understand manner. Barbara's and Liz's wonderful stories relate each lesson to real life and help illustrate the lessons.Whether or not you have dogs, you can learn important life lessons from this book. If you have sled dogs or other working dogs, this book can definitely help improve your relationship with your dogs. So many of the things I've done with my dogs in training them (and just being with them) worked out well, but some didn't and I didn't understand why until I read this book.So much of this information works for well for being with both dogs and humans. I highly recommend buying "Be The Lead Dog" - I may order a second copy to put in my library so I have a back-up copy for the day my first book gets too worn out to read! :-D

this is a great book relating sled dogs to real life situations and success in meeting your goals. these 2 women inspire me just by doing what they do for a living. i am a long time lover of hearing about the challenges one faces when meeting extreme conditions (such as the iditarod) while also experiencing some of the most serene and beautiful parts of what nature has to offer. i love alaska, northern california and southern oregon. the dogs love racing and if you don't believe that just stand at the start of any race and watch their enthusiasm!! liz & barb meet challenges in life head-on thru and with the help of sled dogs, teamwork and the lessons described. this book is an excellent

teaching tool for implementing any goals you may have in your life. in each section liz & barb have a personal story relating to each lesson and at the end of each lesson are action tips and a work sheet to help you meet that challenge in your own life and/or situation. a wonderful book to have in your life!!

This was a very informative and interesting read. I never thought I would ever learn so much about sledding and their dogs. The book starts off by introducing you to a world of sledding. Liz explains everything about sledding. She explains the roles of each dog, the role of the musher and the equipment used. She even explains the meanings of the commands. This book explains the lessons that are taught and learned by and from the dogs and the musher. It is a close family and team and she goes to explain each lesson in detail even giving you her own person story at the end of each lesson. She also gives some tips on how to better achieve your goal. There is also a notes section at the end of each chapter/lesson so you can write your personal goals, action plan and/or just some notes that may help you along the way. I really think Liz Parrish did a great job with this. She not only teaches you lessons and gives tips she brings sledding to a whole new interesting level.

Be The Lead Dog7 Life-changing Lessons Taught By Sled DogsBy Liz Parrish and Barbara SchaeferBe The Lead Dog - 7 Life-Changing Lessons Taught By Sled Dogs, takes the unique communication between dogs and humans and cleverly translates it to basic life skills for everyday success. Whether you want to excel as a business leader, a parent or a person this practical, no-nonsense guide will challenge and persuade you to be better than you are today by implementing seven straight-forward character traits."Dog people, "Get it,"" the book states in the preface. Not only will dog people "get it" but they will love the interesting and heartfelt stories of sled dogs that illustrate the seven fundamental lessons of achievement: focus, patience, trust, transparency, drive, self-assurance and perseverance. Even if you’re not `dog crazy’ you will benefit from the book; these lessons are universal in application and are undeniably motivating in practice.Why does the book work? Be The Lead Dog works because it combines the power of authentic experience, and genuine passion to achieve concrete real-life results. The two women who wrote, Be the Lead Dog, are as inspiring as the book itself. Barbara Schaefer is a speaker, leadership coach, international teen development mentor and has had a kennel of Siberian Huskies for over twenty years. Liz Parrish is a cancer survivor who had a goal of completing the grueling Iditarod. Starting with no experience Liz committed 10 years of her life to the realization of her dream for her 50th birthday celebration.Why I like the book? I like the book because it is easy to

understand and more importantly, easy to apply to daily life. There are practical "Action Tips" at the end of every lesson and a page for "Personal Notes" to customize the lessons to your individual situation. Barb, Liz and the sled dogs are special teachers with an inspiring lesson plan. The implementation of the 7 lessons will help you to achieve a more meaningful, purposeful and larger life. And isn't that what every Adventure Woman ultimately wants?Beth WalzOwner, AdventureWoman.com

Whether or not you are a dog lover, you will be able to learn important life lessons from this book. No matter what your challenges are in life, you can learn from them and move forward with confidence if you learn a few lessons from the sled dogs in this book. Each chapter teaches an important life lesson and gives you tips on how to apply it to your own particular challanges. There is even a worksheet that you can fill out at the end of the lesson to help keep you on track.This is an excellent book for anyone who is willing to learn from the joys and lives of our canine friends. Each and every person who reads this book will be able to take something very important away with them.

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