

e-Thoughts - *My real best friend*

May 2013 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

Call me crazy, but my best friend is my dog.

Okay, so she's not so great at making conversation. She doesn't read or have many thoughts about important events of the day. She can't cook and has zero savvy when it comes to fashion.

BUT...she's never angry, impatient, bored or fed up with me. She's always glad to see me at the end of the day and greets me every night with the same excitement of our first meeting. Our relationship never loses its glow!

Pets are amazing. Whether they're dogs, cats, birds or ferrets, they accept you without condition or question. They even improve your health. Experts say that people who own pets have stronger immune systems, lower blood pressure and less depression and anxiety.¹

So, I forgive her cold wet nose in my face because, in exchange, I get wags and wags of love.

¹**webmd.com**