
THE RIVER AND ITS BED

The joyful art of channeling a Staffy full of energy

THE KIND GUIDE — NO SHOUTING, NO PUNISHMENT

WHAT WILL HAVE CHANGED IN THIRTY DAYS

A dog who knows how to stop

A mat, a word, and the excitement settles instead of climbing. Calm isn't a personality trait: it's a skill you train.

An untouched home

The need to chew has a place, objects and a schedule. Your shoes are no longer part of it.

A recall that comes back

Built through joy, worked on a long line, tested when another dog walks by.

And you: fewer shouts, less guilt, and a method to follow on the days you've got no energy left.

Emotion. Science. Instinct.

You don't tame a river. You dig it a bed.

Eleven chapters and a bonus to get through your dog's adolescence without shouting, without punishment, and without losing your sofa.

THE PATH

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- **Foreword** — welcome to the current
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- **How to read this book** —
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- **Where to start** — find your page in ten seconds
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- 01 The river** — understanding adolescence
-
- 02 The patience backpack** — holding steady without shouting
-
- 03 Nose first** — tiring out the brain
-
- 04 The mat, an island of calm** — learning to stop
-
- 05 Teeth that build** — channeling the chewing
-
- 06 The invisible thread** — building the recall
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- 07 The balcony** — house-trained in two weeks
-
- 08 Bowl diplomacy** — the fussy eater
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- 09 The day of the caterpillars** — the emergency to know
-
- 10 Us, the humans** — the book's real subject
-
- 11 The pond** — accepting the chaos
-

You have just read a sample

The full book has **61 pages: 11 chapters + 1 apartment bonus**, a 14-day programme and **7 printable sheets**.

Instant download after purchase.

staffyash.myshopify.com/en/products/le-fleuve-et-son-lit-tome-1