Why being with animals makes us happy and healthy

Dr. Rainer Wohlfarth, Bettina Mutschler
Animal Power of Healing
[Die Heilkraft der Tiere]
Why being with animals is good for us

Bettina Mutschler, born in 1968, is a specialist in animal-assisted therapy. She is a lecturer at Ani.Motion, the Freiburg institute for animal-assisted psychotherapy and a dog training consultant with her own school for bonding-centred dog training.

Dr. Rainer Wohlfarth, born in 1960, is a neuropsychologist specialising in psychosomatics. He is also the head of Ani.Motion and has written myriad scientific publications on the subject. He is president of the European Society of Animal-Assisted Therapy and vice-president of the International Society of Animal-Assisted Therapy.

Dr. Rainer Wohlfarth and Bettina Mutschler have spent decades looking into the huge effect animals have on us humans. In their daily work they deal with the entire range of human behaviour – and how animals can help us understand ourselves better.

How can goats help a listless child suffering because his parents have split up become more cheerful again? Why do people with depression open up when a dog comes bouncing up to them? And then there is this: what can a manager learn from a donkey? These questions and other issues are addressed by the two authors in an excellently readable and entertaining mixture of scientific facts and genuine examples from their daily work. Their book deals with far more than just the simple appreciation of the relationship between humans and animals. It helps us understand how tremendously important the contact with animals is for our health, and how we can make use of this realisation in our daily lives.