

Dr. Elaine J. Dispo-Rendón, Ph.D.

PAWprint: PAWsítive
PURRspective



Furry Tail of My
Emotional Support
ANNIE-mal & Our
CATch of Mourning
Waves

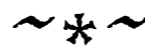
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PAWSitive PURRspective PAWprint



Furry Tail of My Emotional Support ANNIE-mal & Our CATch of Mourning Waves



Dr. Elaine J. Dispo-Rendón, Ph.D.



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PAWSitive PURRspective



SAMPLE EXCERPT



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DrDR@AnakKo.org

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9.20.2022

My Gentle Green-Eyed Queen officially is a
Teen!!!

Great timing for this book to be seen!!

Four years ago, I thought that Annie's 9th
Birthday was the best

Because that's when I got my very 1st positive
pregnancy test!

Therefore, after Adoration & Benediction that
day,

We expected our 1st Angel on the way...

PURR-



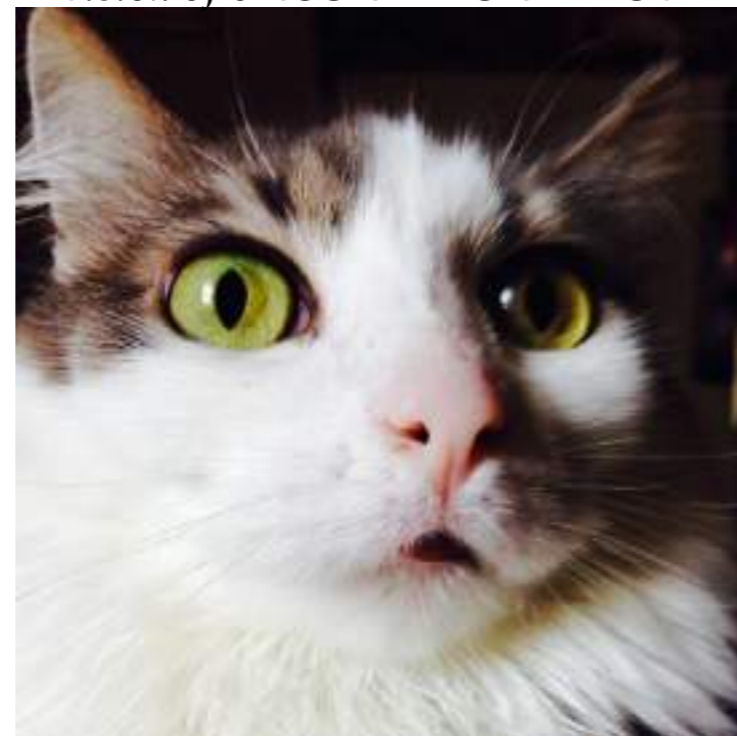
Did you know that studies show higher likeliness to live longer for pet parents? Some benefits and rewards reaped, based on research, that support increased longevity among those who have animal companions include:

- *additional years to life by spending 10 minutes per day petting an animal (“Don’t sweat the petty stuff, pet the sweaty stuff.”)*
- *lower death risk for people with heart disease who have a fur baby (I would think that this also may apply to fine feather, fin and scale family)*
- *better physical health—especially for those who walk (and run) with their dogs (can apply to other critters, if safe)*
- *less stress and more connection to the world*

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Vision of UNCONDITIONAL LOVE



PAWSitive PURRspective PAWprint

ologue



In this book, I share the story of my ANNIE-mal, the most gentle and vocal cat in the world, who I believe has saved my life in more ways than one, when she found me to rescue her. She and I both have heart conditions (heart murmur for her and heart palpitations for me)—yet we fill each other’s hearts with so much love. **Annie** has been my constant companion through abundant happiness, as well as deep sadness through the mourning process of multiple baby losses (including her sister, **Asia**—so I comforted her also), along with being my supportive sidekick through the growth of **ANAK KO**. Grief calls for self-care, which is covered here in connected ways (like meditation for mindfulness with yoga for fitness, or visual arts creation with outdoors appreciation for our emotional, physical and spiritual wellness). My recommendation is: if you’re willing and able, then get a fur/feather/fin/scale friend to join your family, as an added bonus who’ll alleviate your sorrows while helping heal your mind, heart, soul and body.

5 of 8

There's an App for That
Gentleness mixed
with Mindfulness &
Fitness

- YouTube playlist:
[https://
youtube.com/
playlist?
list=PLT4t1Ea_q
NFZDH1g8md
AROT7LuaoE5pr](https://youtube.com/playlist?list=PLT4t1Ea_qNFZDH1g8mdAROT7LuaoE5pr)



Also from ANAK KO



Our Babies Have Halos & Wings: Grief Communication Guide to
Healing for Bereaving Families

Released on 3.2.2021 — National Read Across America Day (Dr.
Seuss' Birthday)

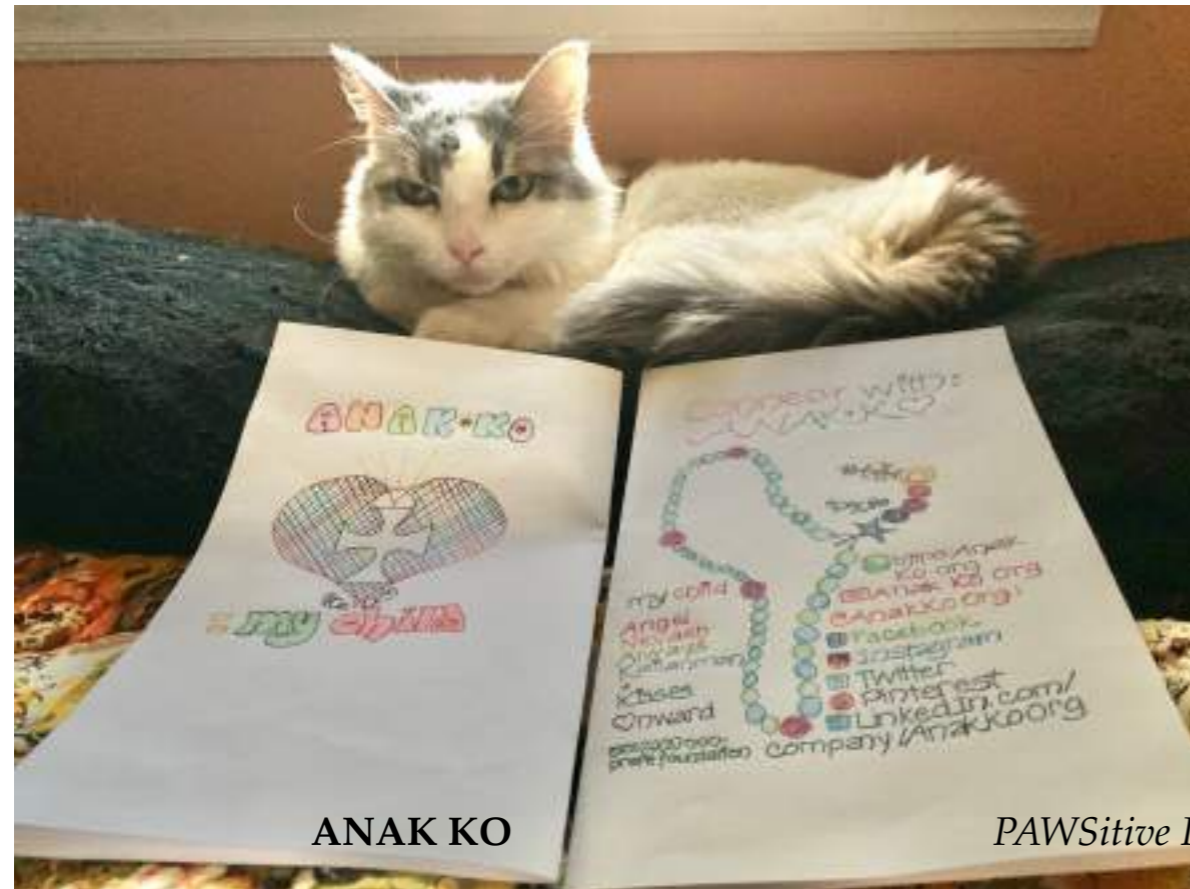
Fly Pies in the Sky: Angelic Appetizers, Divine Desserts &
Heavenly Hearty Hacks for Memorial Meals

Released on 2.22.2022 (angel numbers) — Be Humble & Cook a
Sweet Potato Day

PAWSitive PURRspective



Tail of My Emotional Support ANNIE-mal & Our CATch of Mourning Waves



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Blessed mourning to all grievors, especially bereaving parents! This self-help companion's here to help you cope with hope and deal to heal. ANAK KO Org founder **Dr. Elaine Dispo-Rendón** shares stories about *Adventures with ANAK KO Annie*, her "Emotional Support ANNIE-mal" who has helped her get through multiple losses and many milestones. "Dr. DR," a Certified Grief Counselor and Pet-Loss Grief Support Specialist, also will take you through mindfulness, fitness and gentleness exercises, plus feed your body and soul with recipes and scripture, respectively. Book purchase proceeds go toward ANAK KO's services to bereaved families, including Marigold Scholarships, memorial finances and CARE ("Community Advocates Render Empathy") packages.

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