

wellness whimzees cat dental treats

Wellness Whimzees Cat Dental Treats: The Purrfect Solution for Feline Fresh Breath?

Are you tired of battling kitty breath? Does the thought of brushing your cat's teeth send shivers down your spine (for both of you)? You're not alone! Many cat owners struggle with maintaining their feline friend's oral hygiene. But what if there was a delicious, easy solution that your cat would actually enjoy? This comprehensive guide dives deep into Wellness Whimzees Cat Dental Treats, exploring their benefits, potential drawbacks, and everything you need to know before adding them to your cat's diet. We'll examine whether these treats truly live up to the hype as the purrfect solution for fresh breath and healthy teeth.

Understanding the Importance of Cat Dental Health

Before we delve into the specifics of Wellness Whimzees, let's quickly address the crucial role of dental hygiene in your cat's overall well-being. Just like humans, cats can suffer from periodontal disease, gingivitis, and tooth decay. These issues can lead to significant pain, discomfort, and even more serious health problems, impacting their kidneys, heart, and immune system. Regular dental care is essential for preventing these issues and keeping your furry friend healthy and happy.

What are Wellness Whimzees Cat Dental Treats?

Wellness Whimzees are a popular brand of cat treats specifically designed to promote dental health. These treats are made with natural ingredients and boast a unique, crunchy texture intended to help scrape away plaque and tartar buildup on your cat's teeth. Unlike many other dental treats, Whimzees are designed to be long-lasting chews, providing extended cleaning action. They come in various sizes and shapes, catering to different breeds and ages of cats. The brand emphasizes natural ingredients and a palatable flavor that most cats find irresistible.

The Benefits of Using Wellness Whimzees for Your Cat

Many cat owners report positive experiences with Wellness Whimzees. Here's a breakdown of the key benefits frequently cited:

Improved Breath: The most noticeable benefit is often fresher breath. The unique texture and ingredients help reduce bad breath caused by bacteria and food particles.

Plaque and Tartar Reduction: The hard, crunchy texture helps to scrape away plaque and tartar, preventing the buildup that leads to periodontal disease.

Easy to Administer: Unlike brushing, which can be a stressful experience for both cat and owner, Whimzees are a simple and enjoyable treat for your cat.

Natural Ingredients: Wellness Whimzees often emphasizes the use of natural ingredients, appealing to owners seeking healthier options for their pets. Always check the specific ingredients list for allergies.

Variety of Shapes and Sizes: The availability of different sizes and shapes ensures that there's a Whimzee appropriate for kittens, senior cats, and cats of all sizes.

Potential Drawbacks and Considerations

While Wellness Whimzees offer several advantages, it's crucial to acknowledge potential drawbacks:

Cost: Compared to other cat treats, Whimzees tend to be on the pricier side. This is a significant factor to consider, especially for owners with multiple cats.

Not a Replacement for Professional Dental Care: Whimzees should be considered a supplementary tool, not a replacement for regular veterinary dental checkups and professional cleanings. These are still crucial for maintaining optimal oral health.

Potential for Choking: Always supervise your cat while they are chewing on Whimzees, especially smaller kittens or cats prone to gulping their food. Choose the appropriate size for your cat to minimize choking hazards.

Ingredient Sensitivity: Some cats may exhibit sensitivities to certain ingredients. Always carefully review the ingredient list before introducing Whimzees to your cat's diet.

Limited Effectiveness in Severe Cases: If your cat already has advanced periodontal disease, Whimzees alone will likely not be sufficient to address the problem. Veterinary intervention is necessary in such cases.

How to Incorporate Wellness Whimzees into Your Cat's Routine

Introducing Wellness Whimzees should be a gradual process. Start by offering a small piece alongside their regular food. Observe your cat's reaction and adjust the quantity accordingly. Some cats may take to them immediately, while others might need a little encouragement. It's generally recommended to use them as a supplement to their daily diet, not as a complete replacement for regular food.

Choosing the Right Wellness Whimzees for Your Cat

Wellness Whimzees offers a range of products for different feline needs. Consider your cat's age, size, and any existing dental issues when selecting the appropriate size and type. Always check the packaging for recommended usage instructions and feeding guidelines.

Wellness Whimzees vs. Other Dental Treats: A Comparison

The market is saturated with various dental treats for cats. While Wellness Whimzees are a popular

choice, it's helpful to compare them to other options to determine the best fit for your cat's needs and your budget. Consider factors like ingredient quality, texture, and effectiveness when making your decision. Read reviews and consult your veterinarian for personalized recommendations.

Conclusion: Are Wellness Whimzees Worth It?

Wellness Whimzees Cat Dental Treats offer a convenient and palatable way to support your cat's dental health. While they are not a miracle cure and shouldn't replace professional veterinary care, many owners find them beneficial in maintaining fresh breath and reducing plaque and tartar buildup. Weighing the pros and cons, and considering your cat's individual needs and your budget, will help you determine if Wellness Whimzees are the right choice for your feline companion. Remember, regular veterinary checkups remain crucial for comprehensive dental health.

Frequently Asked Questions (FAQs)

1. Can I use Wellness Whimzees as a complete replacement for brushing my cat's teeth? No, Wellness Whimzees are a supplementary tool and should not replace regular brushing or professional dental cleanings.
1. My cat is a picky eater. Will they eat Wellness Whimzees? While most cats enjoy the taste, some may be initially hesitant. Try introducing them gradually and pairing them with other treats your cat enjoys.
1. Are Wellness Whimzees safe for kittens? Yes, but always choose the appropriate size for your kitten to prevent choking hazards.
1. How many Wellness Whimzees should I give my cat daily? Follow the feeding guidelines on the packaging, which will vary depending on the size and type of Whimzee and your cat's weight.
1. Where can I purchase Wellness Whimzees? Wellness Whimzees are widely available at pet stores, both online and in brick-and-mortar locations, as well as through various online retailers.

behavior expert (and author of Penguin's bestselling *Think Like a Cat* and *Cat vs. Cat*) answers the 150 questions most often asked by puzzled cat owners. Even those of us who have lived with and loved our cats for decades are constantly stymied by their seemingly inexplicable acts, or have questions about why they do what they do and where they do it, and how we can get them to not do it. Here, in one complete authoritative guide, those elusive mysteries are solved. Why does my cat lick my hair? Why does the cat only want attention when I'm on the phone? How can I introduce my cat to my new dog? How can I get my cat to like my new husband?? No one knows cats like Pam Johnson Bennett, whose pioneering thirty-year career as a cat behavior consultant has changed the way cat owners and experts alike view cats. Her books are bibles, but her fans and owners still flood her website and social media platforms with questions on topics that perplex them. *Catwise* combines the questions that come up most often with answers to help you solve your cat's behavior problems (or head them off before they start), or simply improve the relationship you have with your cat.

wellness whimzees cat dental treats: *Cracking the Metabolic Code* B. Lavalley R.Ph. C.C.N. N.D., James, James B. Lavalley, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life experience up to this day-determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValley will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValley's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

wellness whimzees cat dental treats: *Psycho Kitty?* Pam Johnson-Bennett, 1998 Whether your cat refuses to use her litter box, insists on scratching your good furniture, or exhibits aggressive tendencies, Psycho kitty will help you understand and treat your feline friend's behavior problems.

wellness whimzees cat dental treats: *The Bearded Collie* Gwendoline Olive Willison, 1977

wellness whimzees cat dental treats: *Endal: How one extraordinary dog brought a family back from the brink* Allen Parton, Sandra Parton, 2009-02-27 The remarkable story of Endal, voted 'Dog of the Millennium', and how, through his remarkable skills, companionship and unstinting devotion, he gave Allen Parton a reason to live again.

wellness whimzees cat dental treats: *Der Anti-Aging-Code für Ihren Hund* Rodney Habib, Dr. Karen Shaw Becker, 2022-03-14 Jeder Hundebesitzer wünscht seinem geliebten Vierbeiner ein möglichst langes und gesundes Leben. Doch wissen wir, was unser Tier wirklich braucht? Wie legen wir den Grundstein für ein glückliches Hundeleben? Rodney Habibs und Dr. Karen Shaw Beckers jahrelange internationale Forschungen zeigen, welche große Rolle die artgerechte Ernährung spielt und wie sich über die richtige Haltung die Voraussetzungen für ein aktives und gesundes Hundeleben schaffen lassen. In dem Nr.-1-New-York-Times-Bestseller erfahren Sie alles über die Anti-Aging-Formel für Ihren Hund und Langlebens-Superfoods, inklusive praktischer DIY-Tipps und gesunder Futterrezepte zum Nachkochen.

wellness whimzees cat dental treats: *The Encyclopedia of Natural Pet Care* C.J. Puotinen, 2000-12-22 Alternative health titles are topping bestseller lists as people search for effective, natural ways to care for themselves and their families--and, as every pet owner knows, house pets are family too. In this revised edition of her groundbreaking work, CJ Puotinen gives animal lovers even more of the information they'll need to care for their dogs, cats, birds, and rabbits the natural way.

wellness whimzees cat dental treats: *Until Tuesday* Luis Carlos Montalvan, 2011-05-03 A

heartwarming dog story like no other: Tuesday, a lovable golden retriever, changes a former soldier's life forever. A highly decorated captain in the U.S. Army, Luis Montalván never backed down from a challenge during his two tours of duty in Iraq. After returning home from combat, however, his physical wounds and crippling post-traumatic stress disorder began to take their toll. He wondered if he would ever recover. Then Luis met Tuesday, a sensitive golden retriever trained to assist people with disabilities. Tuesday had lived among prisoners and at a home for troubled boys, and he found it difficult to trust in or connect with a human being—until Luis. Until Tuesday is the story of how two wounded warriors, who had given so much and suffered the consequences, found salvation in each other. It is a story about war and peace, injury and recovery, psychological wounds and spiritual restoration. But more than that, it is a story about the love between a man and dog, and how, together, they healed each other's souls.

wellness whimzees cat dental treats: Zen Golf Joseph Parent, 2002-06-18 A highly original and groundbreaking book from a noted PGA coach and Buddhist instructor • “The lessons in Zen Golf make the mental game seem so simple. Dr. Parent has given me very effective methods for working with thoughts and emotions, and for taking the negatives out of the picture.” —Vijay Singh, Masters and PGA Champion By combining classic insights and stories from Zen tradition, Zen Golf helps eliminate the mental distractions that routinely cause poor shots and loss of concentration, allowing golfers to feel in “the zone” that professionals have learned to master. The best players know that golf is a game of confidence, and most important, concentration—the ability to focus and block out distraction. The goal of achieving clear thought is also at the heart of Buddhist teachings. PGA coach and Buddhist instructor Dr. Joseph Parent draws on this natural connection and teaches golfers how to clear their minds, achieve ultimate focus, and play in the moment for each shot. Zen Golf presents a simple system for building “mental game mastery.” Dr Parent’s unique PAR Approach (focusing on Preparation, Action, and Response to Results) guides golfers with specific techniques for each aspect of their games. In chapters such as “How to Get From the Practice Tee to the First Tee”, “You Produce What You Fear”, and “How to Enjoy a Bad Round of Golf”, the author shares a personal teaching regimen that has helped improve the games of professionals and amateurs alike. Clear, concise, and enlightening, Zen Golf shows golfers how to prepare for, execute, and equally important, respond the results of any golf shot. A different approach to golf instruction, this book shapes ancient philosophies into new teachings.

wellness whimzees cat dental treats: *Lisette the Vet* Ruth Macpete DVM, 2018-05-24 Lisette loves animals: big or little, furry or feathery, even slimy or scaly. Well... almost all animals. When her class gets a new pet, she can't wait to meet him. When she finally meets Fluffy, he is not what she expected. Then disaster strikes! Will Lisette the Vet save the day? Book includes an animal facts page.

wellness whimzees cat dental treats: *Dog Training 101* Kyra Sundance, 2017-09-05 Using a visually driven, playful presentation as style, Dog Training 101 offers step-by-step instructions every dog owner needs and wants to know as they care for and raise their dogs.

wellness whimzees cat dental treats: *Thank You Cards (Cats Series)* L'apostrophe, 2020-07

wellness whimzees cat dental treats: *No More Fleas* Anne Peutrell, 1999-08 Basil the silly cat can't stand fleas--and he's got a lot of them. So he goes to the circus and discovers the infesters want to get into show business. Whimsical, lift-the-flap color illustrations make a funny story fun.

wellness whimzees cat dental treats: *Knit Christmas Stockings* Gwen Steege, 2013-01-01 Presents nineteen different patterns for Christmas stockings and tree ornaments, providing step-by-step instructions for creating such decorations as miniature mittens, snowflakes, and miniature sweater ornaments.

wellness whimzees cat dental treats: *Food Saved Me* Danielle Walker, 2021-09-14 • National Bestseller • You can live a full, happy, and healthy life without ever feeling excluded or deprived. When doctors told Danielle Walker that food didn't cause her autoimmune disease and couldn't help control it, she set out to prove them wrong. Diagnosed with an extreme form of ulcerative colitis at

22, Danielle was terrified she'd never be able to eat all the wonderful, great-tasting foods she loved growing up or host warm, welcoming gatherings with family and friends. So when the medicine she was prescribed became almost as debilitating as the disease itself, Danielle took matters into her own hands, turned her kitchen into a laboratory, and set to work creating gut-healthy versions of the foods she thought she'd never be able to enjoy again. Three New York Times bestselling cookbooks later, Danielle has become a beacon of hope for millions around the world suffering from autoimmune diseases, food allergies, and chronic ailments. Now for the first time, with stunning transparency about the personal toll her illness took on her physically, emotionally, and spiritually, Danielle reflects on everything she's learned during her decade-long journey toward healing—including the connection between gut health and overall well-being, the development of her favorite recipes, and the keys for not simply surviving her autoimmune disease but thriving despite it. Through her resilience, Danielle tells a story that provides hope—hope that despite your ailments or hardships, you can live a full, happy, and healthy life without ever feeling excluded or deprived. Food saved Danielle Walker. And it can save you, too. Includes six fan-favorite recipes and the stories behind them!

wellness whimzees cat dental treats: The Whole Pet Diet Andi Brown, 2006-09-01 One in four pets is obese, and every year owners spends thousands of dollars treating allergies, joint problems, digestive disorders, and serious diseases that could improve dramatically with a nutritious diet. Yet despite promises of complete and balanced meals, most commercial pet foods contain chemical preservatives, indigestible fillers, and dangerous by-products. If your pets are overweight, ailing, or aging, or you just want them to be as healthy as possible, THE WHOLE PET DIET offers a straightforward plan to achieve lifelong health and well-being. Featuring twenty-five easy recipes for homemade meals and treats, a guide to natural supplements, and practical tips for no-stress grooming and play, this holistic approach to pet care creates optimal health for dogs and cats, and it just might change the way you eat, too.

wellness whimzees cat dental treats: Dr. Becker's Real Food for Healthy Dogs & Cats Beth Taylor, Karen Shaw Becker, 2013

wellness whimzees cat dental treats: Dog Knows Best Timothy Glass, 2018-03-06 Dog Knows Best, is a witty peek into the canine brain and how they look at us or moreover, how they train us. Reading this you will see your canine is simply perfecting you as a better-behaved human.

wellness whimzees cat dental treats: Wild Vet Adventures Gabby Wild, Jennifer Szymanski, 2021-03-09 The wildlife veterinarian and environmental advocate shares highly visual profiles of amazing animals from around the world, covering subjects ranging from animal anatomy and behavior to the work of specialist caregivers and how kids can help protect endangered species.

wellness whimzees cat dental treats: Notes from the Grooming Table Melissa Verplank, 2016-03-15 Master book describing professional grooming habits for dogs.

wellness whimzees cat dental treats: Sociocultural Identities in Music Therapy Susan Joan Hadley, 2021-09-08 Sociocultural Identities in Music Therapy is a collection of personal narratives by 18 music therapists who engage in a critical culturally reflexive process and explore implications for their therapeutic practice. Amongst the authors, there is gender diversity, diversity of sexualities, racial diversity, ethnic diversity, neurodiversity, geographical diversity, linguistic diversity, educational diversity, and more. Each person's intersectional identity positions them differently in terms of their sociocultural location and thus each has differing experiences of unearned advantages or disadvantages based purely on their membership in various sociocultural groups in unique combinations. As such, each person distinctively explores how they experience and are experienced in social contexts. Woven together, this book is a rich tapestry of the sociocultural identities of music therapists and implications for their therapeutic relationships and processes. It provides a deep understanding and appreciation of the concept of culture and its omnipresence in all we do and all we are. The hope is that these narratives, and the included strategies for doing this kind of critical culturally reflexive work, will guide music therapy students and practitioners to examine their own sociocultural location and experiences, and that it will open music therapists to

consider their relational dynamics in all aspects of their lives.

wellness whimzees cat dental treats: *Never Turn Your Back on an Angus Cow* Dr. Jan Pol, David Fisher, 2014-08-14 The star of The Incredible Dr. Pol shares his amusing, and often poignant, tales from his four decades as a vet in rural Michigan. Dr. Jan Pol is not your typical veterinarian. Born and raised the Netherlands on a dairy farm, he is the star of Nat Geo Wild's hit show The Incredible Dr. Pol and has been treating animals in rural Michigan since the 1970s. Dr. Pol's more than 20,000 patients have ranged from white mice to 2600-pound horses and everything in between. From the time he was twelve years old and helped deliver a litter of piglets on his family's farm to the incredible moments captured on his hit TV show, Dr. Pol has amassed a wealth of stories of what it's like caring for this menagerie of animals. He shares his own story of growing up surrounded by animals, training to be a vet in the Netherlands, and moving to Michigan to open his first practice in a pre fab house. He has established himself as an empathetic yet no-nonsense vet who isn't afraid to make the difficult decisions in order to do what's best for his patients—and their hard-working owners. A sick pet can bring heartache, but a sick cow or horse could threaten the very livelihood of a farmer whose modest profits are dependent on healthy livestock. Reminiscent of the classic books of James Herriot, *Never Turn Your Back on an Angus Cow* is a charming, fascinating, and funny memoir that will delight animal lovers everywhere.

wellness whimzees cat dental treats: *2021-2022 APPA National Pet Owners Survey* Appa, 2021-06-21

wellness whimzees cat dental treats: *The Wolf Years* Marie Elena Korey, 1984

wellness whimzees cat dental treats: *Spider-Man by Todd McFarlane Omnibus* , 2016-08-16 Todd McFarlane became a superstar illustrating the Amazing Spider-Man, but he changed the industry forever with his next project: the adjectiveless solo title SPIDER-MAN! Taking on both writing and art duties, McFarlane ushered Peter Parker into a gritty new era - and it began with Torment! When blood washes the Big Apple's streets, the webslinger heads into the sewers to stop the homicidal rampage of the Lizard. But what is driving his old friend and foe? Plus, in the ultimate Nineties team-up, Spidey joins X-Force to battle the unstoppable Juggernaut! COLLECTING: SPIDER-MAN (1990) 1-14, 16; X-FORCE (1991) 4

wellness whimzees cat dental treats: *How To Make Your Dog #Famous* Loni Edwards, 2022-03-24 You know your dog is the cutest but does everyone else know it too? In this book, Loni Edwards, the human behind the world's most influential pets, breaks down the path to fame. Discover insights into the success of social media's top pups and follow the essential steps on the road to fame - from crafting your brand to advocating for your pup on set. With expert guidance on how to be a good dog parent and make sure your pup is happy and healthy every step of the way, this is your one-stop guide to helping your dog win over hearts, one adorable post at a time. Featuring the stories of more than 40 of the most successful pet influencers: 157 of Gemma, Amazing Graciedoodle, Barkley Sir Charles, Bertie Bert the Pom, Bronson the Bully, Brussels Sprout, Bully Baloo, Charlie the Black Shepherd, Chloe the Mini Frenchie (& Emma Bear), Coco the Maltese Dog (Coco & Cici), Cookie Malibu, Crusoe the Celebrity Dachshund, Daily Dougie, Dog named Stella, Ducky the Yorkie, Frame the Weim, Gone to the Snow Dogs, Harlow and Sage, Hi Wiley, Kelly Bove, Lilybug, Lizzie Bear, Louboutina the Hugging Dog, Maya Polar Bear, Mervin the Chihuahua, Milo and Noah, MJ the Beagle, Mr. Biggie, Popeye the Foodie, Puggy Smalls, Reagandoodle, Remix the Dog, Rocco Roni, Super Corgi Jojo, Super Scooty, Tatum, That Goldendoodle, The Bike Dog, Tika the Iggy, Tuna Melts my Heart, Tupey the Borzoi, Verpinscht, Winnie the Cocker, Wolfgang 2242

wellness whimzees cat dental treats: *The Right Cat for Me* Human & Rousseau, 1997-01-01

wellness whimzees cat dental treats: *The Vet 1: my wild and wonderful friends* Luke Gamble, 2011-04-28 'Luke Gamble is a West Country treasure. Like Dr Doolittle, but real!' MARTIN CLUNES Fresh out of university, vet Luke Gamble joined a mixed practice in Dorset, run by the stern but benevolent Mr Spotswode. He found himself quickly thrust into the real world of veterinary medicine: truculent farmers, out-of-hours-surgery, nasty biting squirrels, operating on frog's eyeballs and some of the harsher facts of farming life, like dealing with a tragic outbreak of foot and mouth.

Luke dreams of setting up his own practice, and finding his place in the big wild world. These dreams, however, are never quite as straightforward as they may seem. In the first instalment of his memoir, the young vet not only learns much about his trade, but also learns a lot about himself, along the way developing a group of close friends, both animal and human. The most important of these is Cordelia - the woman of his dreams - and his quest to win her heart is a marathon. Warm-hearted, witty and full of weird and wonderful tales, *The Vet* is the perfect read for animal lovers.

wellness whimzees cat dental treats: *Cucina Amore* Nick Stellino, 1995 The launch of Nick Stellino's *Cucina Amore* on public television stations marked the debut of a new kind of television chef and a new style of cooking show. The authentic trattoria setting and casual, relaxed atmosphere allow viewers to feel as if they are actually dining with their host while being entertained with stories about his beloved grandmother, Nonna Maria, his perfectionist father, Don Vincenzo, his mother, Massimilliana, and his brother and partner-in-mischief, Mario--all the while learning how to re-create the authentic Italian dishes he was taught to make at home. This companion cookbook, *Cucina Amore*, brings you all the warmth, love, and culinary delights that have made Nick Stellino so successful. Here you will find one hundred simple and delicious recipes--ranging from Caponata to Wild Mushroom Salad, Ossobuco to Country Style Roasted Potatoes, and Sicilian Cheesecake to Tiramisu--along with all of Nick's wonderful family memories, and the secrets he has learned both at home and as a professional chef to make the cooking both simple and foolproof. And for the first time in any cookbook, we have included a CD of delightful Italian dinner music to inspire the cook's creativity and enhance the diners' pleasure. For Nick Stellino, cooking for others is a joy and a celebration, and with this music he is inviting all home chefs, their families, and their guests to join in the festivities. With the versatility and perennial popularity of Italian food, and the growing awareness of the Mediterranean diet as a healthy way of eating, *Cucina Amore* is a cookbook you will turn to again and again.

wellness whimzees cat dental treats: A Different Truth: Reject the Truths That Are Killing Your Career, and Learn to Make Choices That Are Better for You Joanna Denton, 2019-08-05 In a single day at work, how many stories run through your head? Stories about what life is like, what everyone expects of you, what you are capable of or not capable of. Some of the stories will help you move forward, but others can suck your energy dry and keep you small. We all tell ourselves stories about how life is meant to be. It's part of being human. The stories we learned as kids and then through our life experiences; stories that became the foundations we live by, even to the detriment and harm of our health, our happiness, and our relationships. But if we are doing ourselves so much harm, can it really be the truth about life? What if there is a different truth just waiting for us to choose that would allow us to live a different life, one where we can thrive in all areas of our lives and succeed in the career we have chosen. In this refreshingly honest, lets-sit-down-and-chat guide, Joanna serves up personal stories, easy exercises, and a way to identify and work through some of the most common stories we tell ourselves in corporate life, stories that start to dictate how we feel we have to live and how we make our everyday choices. Because this was the author's life, too. In 2014, sixteen years into her tax career, Joanna Denton went through her second burnout in five years and decided it was finally time to change her life. Since then, in her journey back from burnout, Joanna has learned to identify the stories she was telling herself, stories that kept her small and ran her into the ground. She has learned to challenge and change them, finally moving through them to a life with more joy and fulfilment (but a whole lot less tax). A life where she has control over her every day choices again. She wrote this book to share with you some techniques to do that for yourself because you are going through exactly the same thing, aren't you? You're staying small, running yourself into the ground, and letting those stories run your life. Deep down you know it, even if you aren't going to let anyone see. You're the one who is meant to be strong, not the one losing it completely. Because that would be weak, right? Oh, yeah--spoiler alert--that's a story too. So, listen up. Don't wait until your life is falling apart completely to start changing your stories. Don't wait until you have no other choice but to jump ship completely. And

remember, it's not enough to see the story and try to change it. You need some actual tools to live that different story, and that's where Joanna calls on twenty years as a speaker and trainer to give you the bulk of this book: tangible soft skills training, exercises, and techniques that you can dip into and take back to work and apply straight away. In particular, in this book, you will learn to: Give yourself permission to take five minutes to breathe and a whole bunch of examples of things to do in those five minutes Rewire out of the fears and into the possibilities standing in front of you Stop trying to fit into a box all the time and find the people who really get you Step up and take credit once in a while for the awesome job you are doing Captivate and inspire your audience when you talk about your subject It's time to do something about the stories. By the end of the book, you will see the stories you tell yourself and understand why they are hijacking your life and career by keeping you small and running you into the ground. You will have started to challenge and change them, and best of all, you will have a plan to move past them into something better--better choices that work for you and how you and how you really want to live your life. Buy this book.

wellness whimzees cat dental treats: The Amazing Spider-Man Omnibus Vol. 3 ,
2017-05-30 Few comic books have ever come close to reaching the page-turning power, action, and drama of AMAZING SPIDER-MAN. Guided by Stan Lee, John Romita Sr. and Gil Kane, Spidey grew to become not just the most relatable hero in comics, but also the industry's top seller! And you'll see the reasons why again and again in this truly amazing third Omnibus collection. One iconic story follows another: the Stone Tablet Saga, the debut of Black Widow's new look, Kingpin's Shakespearean family drama, Captain Stacy's tragic death, the pathos of Peter Parker's love triangle with Gwen Stacy and Spidey, the historic Comics Code-defying 'drug' issues, and Morbius the Living Vampire's debut!--Midtowncomics.com.

wellness whimzees cat dental treats: Hide-and-seek Around the House Lynn Offerman,
1992 A small boy discovers good places to hide in his house.

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