



About the Book

What can three Alaskan husky sled dogs teach Galena and her younger brother, Kimmo, about working with difficult emotions, coping skills for stress, and feeling good?

This illustrated children's book blends storytelling, the northern sport of dog mushing, and skill-building activities to empower children with simple tools for self-calming and well-being.

Learn about Kimmo's secret howl and other techniques that can be used anywhere, anytime—at school, on the go, and at home.



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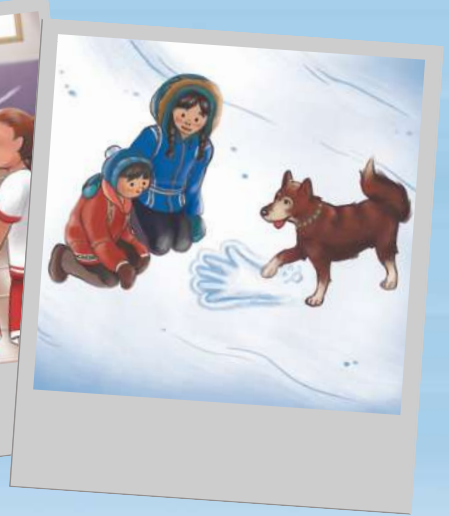
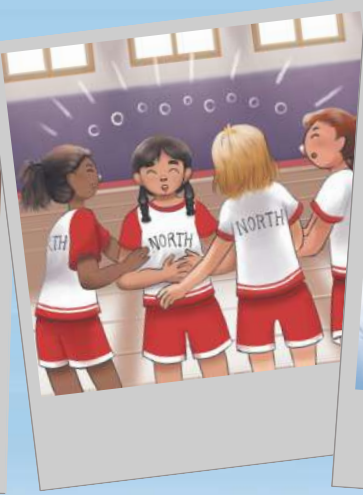
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About the Author

Linda Chamberlain, PhD, MPH is a scientist, author, former dog musher, and leading expert on the effects of stress on the body and brain. From Finland to Costa Rica, she has worked around the world to share simple tools to build stress resilience, regulate emotions, and promote well-being. Linda is a trainer with Capacitar International, a global network for healing and empowerment. Certified in a wide range of mind-body practices, she teaches breath work, mindful movement, meditation, and therapeutic yoga to healthcare systems, educators, counselors, therapists, college students, the armed forces, parenting programs, and other organizations. She lives with her husband, Al, on a rural homestead outside of Homer, Alaska.





A Look Inside



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