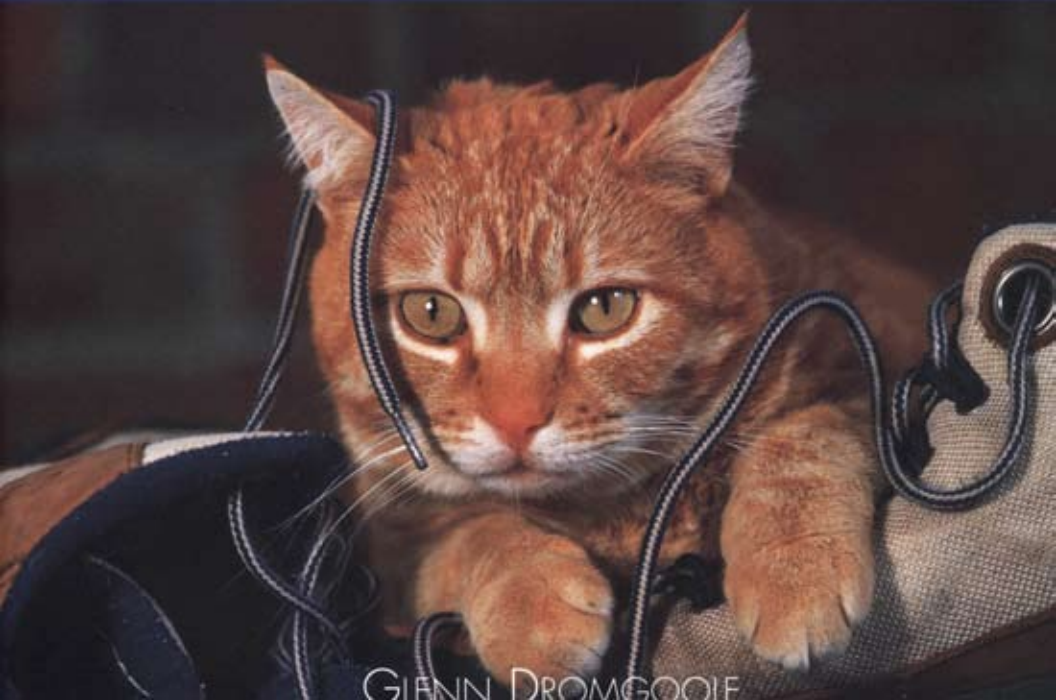


# What Cats Teach Us...

LIFE'S LESSONS LEARNED FROM OUR FELINE FRIENDS



GLENN DROMGOOIE

# About Healthy Living

Cleanliness  
should not  
be underestimated  
as a virtue.



WHAT CATS TEACH US

C onserve your energy for when it counts.



F ollow your instincts.



WHAT CATS TEACH US



Get a thorough physical exam at least once a year.



The best cure for insomnia is sleep.

Drink plenty of water.



WHAT CATS TEACH US



When you have an opportunity to go to the bathroom, do so.

WHAT CATS TEACH US

Don't hesitate to show affection to  
those you love.



 Willow Creek  
P R E S S



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