



The Cat Who Cried for Help: Attitudes, Emotions, and the Psychology of Cats

Nicholas Dodman

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In this groundbreaking book, Dr. Nicholas Dodman does for feline psychology what he did for canines in his widely acclaimed *The Dog Who Loved Too Much*. Here he reveals the fascinating, and often frustrating, mind of one of our most popular--and certainly most independent--animal companions, and shows how we can coexist peacefully with even the stubbornest of cats.

What do you do about a cat determined to tear your sofa to shreds? Or one who gorges himself on your best running shoes . . . or attacks anyone who dares to open the refrigerator door? Drawing on remarkable real-life stories from his practice at the prestigious Tufts University School of Veterinary Medicine, Dr. Dodman shares the unique, compassionate, dramatically successful treatment programs that have given problem cats a new lease on life . . . and their perplexed owners long-term solutions to even the most intractable disorders.

As any cat owner knows, changing a cat's behavior can seem like an impossible task. But contrary to popular belief, cats can be trained and cured of irritating habits and undesirable behaviors. *The Cat Who Cried for Help* shows how minor adjustments in diet, exercise regimen, and environment can effect dramatic breakthroughs in resolving almost any feline problem. From cat panic attacks to eating disorders, from litterbox aversion to depression and a wide range of feline phobias, Dr. Dodman has successfully treated and resolved these and many other heretofore untreatable behaviors.

Inside, you'll meet Ashley, the boss-cat who literally bites the hand that feeds him; Jonathan, the binge-eater; Rubles, the Abyssinian Jekyll and Hyde, pussycat one minute, man-eating tiger the next; and Thomas, the cat who cried for help--a little too loudly. Dr. Dodman's techniques are based on the most up-to-date research in pharmacology and feline behaviorism. Yet the primary objective of his treatments is to respect and protect the qualities of independence and dignity fundamental to a cat's nature.

Including descriptions of symptoms, treatment options, and tips on prevention, *The Cat Who Cried for Help* provides everything you need to know to ensure both you and your feline friend a long, happy, and healthy relationship. If you've ever wanted to better understand the nature of this mysterious, enigmatic, and fascinating creature, Dr. Dodman's book provides a penetrating look into the intriguing and intricate world of the cat in your life.

From the Hardcover edition.

The Cat Who Cried for Help: Attitudes, Emotions, and the Psychology of Cats Details

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Author : Nicholas Dodman

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From Reader Review The Cat Who Cried for Help: Attitudes, Emotions, and the Psychology of Cats for online ebook

Kinyorda Sliwiak says

Much like the book about dog behavior by the same author, Dr. Dodman relies too much on medication to intervene and provides little "new information" to the experienced pet owner.

Sarah Yasin says

I'm just going to write down a summary of what I needed to take from this book so I don't forget it (thank you Shelfari for allotting me space for this). If you have two grown cats you need to introduce to each other, keep them in separate rooms but next to each other so they grow accustomed to each other's scent. Then every day, switch rooms so they don't get territorial. Feed them at the same time. Make sure they notice the other one eating. Then crack the doors an inch, keeping a brick or something from allowing the door to open all the way. Then open the door a little more. Give it time. You're supposed to put a screen up when you open it enough for them to get through the doors, but I don't think I can manage this. I will just open the doors and watch them tear each other to pieces. I can't wait for the bloodbath.

Lacey Louwagie says

This is one of those books written by someone who is clearly an "expert" in his field, but not a writer. The information about cats and the case studies were interesting, but the mediocre writing was distracting; it was especially awkward in the dialogue/consultation scenes, but less cumbersome in the more academic passages. I had to chuckle a bit over a reference in the intro to "the problems cats face in the 90s," and I found myself wondering how much of the book was out of date.

I don't feel like I came across a ton of information that was really eye opening, and the title made me expect interesting stories about cats instead of a compendium of potential behavioral problems. It gave me a couple ideas of things to try with one of my cat's behavioral issues, but it was a little frustrating that the first line of defense always seemed to be medicating the cat. This always seemed to have amazing results, as I found myself wondering how these owners with cats from hell managed to pill their cats every day. Still, I think Dr. Dodman genuinely cares about cats and increasing our understanding of them, and his balanced perspective on the indoor/outdoor issue, as well as his firm stand against declawing, were refreshing.

Vicky Jones says

I hoped this book would help me solve some everyday problems that I was having introducing a new cat into my household. Instead, the book is a collection of case studies about ATYPICAL problems the veterinarian author has seen in his practice, and his solution for every problem seems to be medication. I came away from this book concluding that the author is really a dog guy and doesn't understand cats at all. Pam Johnson-Bennett's books are much more informative and practical.

Christine says

I had heard of this book and was really excited to read it, but was quite disappointed. I had hoped to get some insight that might help me but instead found myself peeking ahead in the book to see if anything better might be coming up. The book is written by a vet who tells stories of his patients. Some are quite interesting, others sad. Overall, if you just want to read stories of cats with psychological issues, this is the book for you. If you are hoping for practical help, not so much. I would've just read the chapters that sounded promising, but most of the chapter titles don't help you find where to go (no index either).

Greta is Erikasbuddy says

The stories in this book were entertaining. But it felt like the whole idea behind the book was that the author really really wanted to sell us on the idea that Buspirone can fix the anxiety woes our cats have been having.

While you read the stories that this magnificent drug has cured you later find out that it was the author and a colleague that helped in the development in Buspirone into the cat world.

While I understand that anti-anxiety meds can do a world of wonder, I was really looking for a book to help me more with my neutered cat's recent spraying problem. What I learned was to keep the windows blocked from the cats so they don't see any outside kitties (impossible), chase away outside kitties from the yard (Been doing but hard to do), and try Buspirone. (also, take kitty to vet to make sure he doesn't have any internal problems).

I guess I was looking for a better way out than just drugs. While I have been chasing the outside kitties from my yard and washing all the spots Felix have sprayed on, I'm not sure if this book really helped me with my answer.

But... this is a great bathroom book! The stories are short, interesting, and you might even learn something :)

Kikyosan says

Libro da prendere con le pinze.

Da un lato illustra le ragioni di comportamenti felini "umanamente fastidiosi" e propone approcci rieducativi. Molto utile a volte. Si può capire perchè un gatto decida di punto in bianco di non usare più la lettiera, o le ragioni di comportamenti aggressivi. Molto spesso con un po' di sforzi si possono risolvere. A volte senza nessuno sforzo. Dall'altro lato il libro mostra le vite dei più depressi e ansiosi gatti americani e gli inquietanti pensieri e soluzioni dei loro padroni.

Dieci anni fa in USA il Dr.Dodman, comportamentalista e farmacologo universitario, riceveva le visite di proprietari di gatti con problemi comportamentali più o meno seri, più o meno "problemi". La lamentela era questa: "Dottore il mio gatto è aggressivo/isterico/mi morde/odia il mio ragazzo/non vuole stare solo/non usa la lettiera/miagola troppo forte, ci serve un rimedio altrimenti dovremo sopprimerlo" (!!!). Dopo un'attenta analisi della situazione il Dr.Dodman proponeva una riabilitazione educativa, cosa che in genere prendeva molto tempo. E poi in genere aggiungeva: "Se volete rendere più facile e breve il trattamento, ecco il

Prozac/Buspirone/Anafrinil/antidepressivo".

Gli americani avevano una inquietante visione della vita di un gatto. Se non "funziona", via, si butta. Il 10% dei 60 milioni di gatti americani veniva soppresso per problemi comportamentali. Era normale pensare "se un gatto graffia, allora gli vanno tolte le unghie" con un'operazione dolorosissima e umiliante.

All'inizio l'approccio farmacologico del Dr. Dodman mi aveva abbastanza infastidita, ma andando avanti con il libro si capisce che è il suo è un metodo alternativo alle drastiche soluzioni dei proprietari. Il Dr. Dodman si rende conto che un gatto sotto ansiolitici è pur sempre meglio di un gatto soppresso. Il suo obiettivo è sempre un gatto vivo, senza farmaci e sereno, come i gatti europei che tanto invidia.

Il libro è stato scritto in Usa, più di dieci anni fa. Mi chiedo se oggi le cose siano cambiate da quelle parti, o se ci dobbiamo aspettare che anche le vite dei nostri gatti andranno incontro a questo destino, dato che il modello americano - con qualche anno di ritardo - arriva sempre anche da noi.

Courtney says

I read this book as it was recommended on a website devoted to the topic of cat aggression, which I've been dealing with recently. It's well written (very British author) and while some of the references are dated, I thought there was a lot here for people with cats. Thank heavens mine aren't as sick or neurotic as some of these kitties, but I still came away with a great understanding of cat behavior.

Beth says

The subtitle to THE CAT WHO CRIED FOR HELP is ATTITUDES, EMOTIONS, AND THE PSYCHOLOGY OF CATS. If you own a cat, you'll want to read this.

This book is full of anecdotes, Dr. Dodman's experiences with cats and their owners at the Animal Behavior Department of Clinical Sciences at Tufts University. He shows over and over how cats can be trained and can be cured of annoying habits.

Read this book if your cat has a habit you wish you could stop but don't know how. I think most cat owners will admit to that. Dr. Dodman probably has a story to show you what can be done.

A problem you may have with this book is that Dr. Dodman's solutions often involve drugs. But they did work. If a problem with your cat is driving you crazy, you may wish someone would suggest drugs. :-)

The problem I had with the book is the part you may want to skip. A woman brings a cat home that she found behind some buildings. Right away she had the cat spayed. But that didn't cure the cat's constant crying to go out. The meowing was loud and bothersome, so, would you believe, she had the cat's meow taken away surgically! Then she had the cat declawed. Then I don't know what else because I couldn't read more. I do know from the Introduction that the cat never did stop crying to go out. The woman just didn't have to listen to her anymore. The cat died.

If ever there was a case for letting a cat go outside, this was one! Skip that story. It made me sick.

Ruby says

This is definitely a must-read for anyone who owns cats, especially a cat with a behavioral problem that seems unsolvable. Dr. Dodman has put together a thorough study into the emotional and psychological aspects of why cats do what they do and how we can help them rather than allow them to suffer or be euthanized. I liked how Dr. Dodman went beyond just telling us what could be wrong by giving examples of cats he has worked with. I actually saw some of the behaviors from cats I have owned in the past (ie. kneading and wool sucking) and it gave me a better insight into many of the behaviors that I thought were just the nature of some cats. I really enjoyed this book and will definitely look for more updated material, and material about the psyche of other animals, from this doctor.

Claudia says

really interesting, but ...he talks all the time about alternative methods, but at the end seems that he NEEDS to give these poor animals psyco-medicine!!

Samaire says

I am so thankful to have found this amazing resource on feline behavior problems. The book is split into three sections, aggression, emotional/ anxiety problems, and compulsive behaviors. Each section has multiple case studies referencing a range of behavioral and medical solutions. Readers can choose to read one or all sections based on their cat's symptoms. The case studies are humorous and touching and for the most part easy to read and understand. The author does get a bit technical at times regarding medication and diagnosis, but he makes his behavior modification tactics very clear. I am currently following Dr. Dodson's de-sensitization training for fearful and/or anxious cats and my calico is improving wonderfully! She is much more affectionate and calm and her house soiling issues have ceased. Please read this book before considering drastic measures for cat misbehavior. It will save your sanity and possibly save your cat's life!

Sally says

Dr. Nicholas Dodman has an enormous amount of patience. I picked up this book because I have a problem kitty who expresses her feeling by peeing outside the litter box. I am weary of the cleaning chore and seriously looking for help! Having read the entire book, I don't know if I have the patience to solve this problem, but I shall try!

Dr. Dodman's teaching method is to tell stories of his experiences with cats and the solutions that he has found. I was impressed that a good portion of the "kitty problems" are really "owner problems" and I am doing some serious soul searching! The jury is still out on whether my "kitty problems" can be resolved without medication, but I am putting forth a good effort!

Rachel says

I enjoyed this book very much and found the case studies fascinating and at times hard to read.... cats are so poorly understood but thank goodness for veterinarians like Dr Dodman. I would have given it 5 stars but at times this book was outdated but then it is over 20 years old!

Having recently finished a certificate in Feline Behaviour things have moved on a bit but to be honest not that much..... if you want a book to tell you exactly what to action to help your troubled cat then look elsewhere as this isn't "a how to book" but more a collection of case studies that are very easy to read and understand and incredibly interesting.....

Just remember if you have a behavioural issue with you cat you must first see a vet for a health check before going to see a trained feline Behaviourist who ideally needs to see the cat in its own home environment.....

Jeanne says

I bought this book to try to solve a problem with a new rescue cat who was not adjusting to fit into our family. In the end, I didn't find a resolution to our problem within its pages, but nonetheless it was a fascinating book for a cat lover, rescue person, shelter worker, or veterinarian.

FYI - We ended up re-homing our problematic cat, who is now happy as a clam as master in his Only Cat household.
