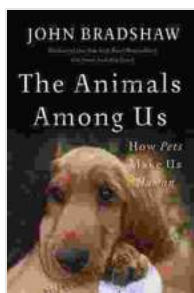


How Pets Make Us Human

Pets have been a part of human lives for thousands of years. They have been our companions, our protectors, and our confidants. And over time, they have had a profound impact on our evolution.

Pets have helped us to develop important social skills. They teach us about love, companionship, and responsibility. They help us to learn how to interact with others and how to form lasting bonds.



The Animals Among Us: How Pets Make Us Human

by John Bradshaw

★★★★☆ 4.2 out of 5

Language : English
File size : 45230 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 385 pages



Pets can also help us to cope with stress and loneliness. Studies have shown that petting a dog or cat can lower blood pressure and heart rate. And spending time with a pet can help to reduce feelings of stress and anxiety.

Pets can even make us healthier. They can encourage us to get more exercise, which is good for our physical and mental health. And they can

provide us with unconditional love and support, which can help us to feel better about ourselves.

In short, pets make us more human. They teach us about love, companionship, responsibility, and empathy. They help us to cope with stress and loneliness. And they can even make us healthier.

The Science of the Human-Animal Bond

There is a growing body of scientific evidence that supports the positive effects of pets on human health and well-being.

One study, published in the journal *Physiology & Behavior*, found that petting a dog or cat can lower blood pressure and heart rate. Another study, published in the journal *Psychosomatic Medicine*, found that spending time with a pet can help to reduce feelings of stress and anxiety.

Pets can also encourage us to get more exercise, which is good for our physical and mental health. A study published in the journal *Preventive Medicine* found that dog owners are more likely to get regular exercise than people who do not own dogs.

In addition to the physical and mental health benefits, pets can also provide us with emotional support. They can help us to feel less lonely and isolated, and they can give us a sense of purpose.

The Benefits of Pets for Children

Pets can be especially beneficial for children. They can help children to develop important social skills, such as empathy and compassion. They

can also help children to learn about responsibility and how to care for others.

Pets can also provide children with a sense of security and comfort. They can help children to feel less lonely and afraid, and they can provide a sense of companionship.

Studies have shown that children who grow up with pets are more likely to be empathetic and compassionate towards others. They are also more likely to have higher self-esteem and to be less anxious.

Choosing the Right Pet

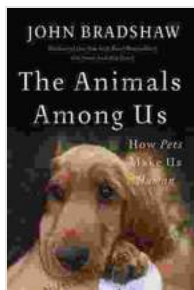
If you are thinking about getting a pet, it is important to do your research and choose the right pet for your lifestyle and needs.

There are many different types of pets to choose from, including dogs, cats, birds, fish, and reptiles. Each type of pet has its own unique set of needs and requirements, so it is important to choose a pet that is a good fit for you and your family.

Once you have chosen a pet, it is important to provide it with the love, care, and attention that it needs. This includes providing it with a healthy diet, regular exercise, and plenty of love and affection.

Pets are more than just animals. They are our companions, our protectors, and our confidants. They make us laugh, they make us cry, and they make us feel loved. And over time, they have had a profound impact on our evolution.

If you are thinking about getting a pet, I encourage you to do so. Pets can bring a joy and happiness to your life that you never thought possible.



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