



# Follow My Lead: What Training My Dogs Taught Me about Life, Love, and Happiness

*Carol Quinn*

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**Follow My Lead: What Training My Dogs Taught Me about Life, Love, and Happiness** Carol Quinn  
*Follow My Lead* is the story of how two rambunctious dogs and a tough Eastern European dog trainer named Irina taught Carol Quinn everything she needed to know about life, love, and happiness. It all begins when the author—unhappy with her failing love affair, her career, and even herself—decides to enroll her two Rhodesian ridgebacks into dog agility training. She's hoping to both find a hobby and straighten out her unruly pets, but she soon discovers that dog agility demands more from her than she ever expected. What follows is a life-changing experience: one that teaches her not only about her dogs but also about herself. With Irina's guidance and wisdom, Quinn and her dogs develop a deep bond of trust as they learn to navigate the course obstacles, and Quinn begins to accept her own flaws, allowing her to find the inner strength to become the “alpha dog” of her own life.

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