

CHEW on THINGS – It Helps You Think



Words of Wisdom
from a Worried Canine

As told to **Dr. Iris Bell**

Foreword by
Casey B. Worrywart, Dogtor of Philosophy



A Casey B. Worrywart™ Book

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*To Casey, who knew how to play ball,
on his own terms.*

W I S D O M I S W H E R E Y O U F I N D I T

There are a number of popular books on discovering wisdom in mundane or unexpected places. This one is a little different.

Play when you're young. And when you're old.

For one thing, it has photographs—wonderful photos—of the four-legged fretful philosopher... and sometimes his friends.

*I'm warm and fuzzy and play a lot. He's a pig.
Need I say more?*

For another, seeing things from the puppy point of view gives you a whole new perspective on life and living and loving.

*Even if you're afraid of the world, at least explore your
neighborhood.*

It's the loving, possibly, that makes this book so special. It is so obviously a labor of love that you can't help but get a healthy dose of it no matter which page you turn to. As Casey puts it,

*Be wary of letting people in or out of your life,
but love them to pieces when they are there.*

If you love dogs, if you love people, if you love discovering life's lessons in delightful doggy bite-sized pieces, then chew on what you find in here.



*...it's all about Life — living it
every day the best we can and
having fun doing it.*

– Casey B. Worrywart



I started out as a puppy. I was very nervous. Mom had to help me get over my fears of rocks little by little in the narrow wash bed of rocks that went across the middle of our backyard. Eventually I felt safe enough to run all over the yard. But you can't run free until you can jump over the wash, over hurdles.

One day I tried a different way of relating to rocks. I ate a lot of very small rocks in the backyard and had to go to the emergency vet. Important lessons:

- 1) Life has hurdles — make them as scary as you need to so that you have something important to overcome, but ...
- 2) Don't eat your way through them.

My life has been full of terrible misfortunes, most of which never happened.

– Michel de Montaigne



Bark when you want to play ball. And don't give up until you get to play. I prefer to woo-woo rather than arf-arf. But it's a matter of personal style.

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.

– Henry David Thoreau



Bad hair days come with life. Worry about other things.

With bad hair days, you can just wait them out. Eventually you figure out how to fix it...the hair and the day.

Reality is the leading cause of stress among those in touch with it.

– Lily Tomlin



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how on things. It helps you think.

*Then there is the further question of what is the relationship of thinking to reality.
As careful attention shows, thought itself is in an actual process of movement.*

– David Bohm





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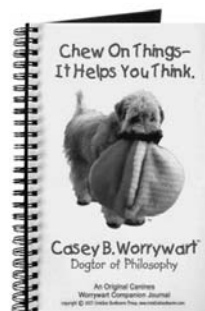
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asey was a great dog.

And when someone has the courage to just be who he is, the lessons of life seem to emanate from him in even the simplest of his actions.

Dr. Iris Bell, a psychiatrist and Casey's "mom," has recorded in delightful images and concise words her beloved friend's innocent wisdom and wonderful worrywart wit. She couples these with insightful quotes from writers, celebrities, and some of the world's great thinkers who discovered through their own process of living and observing life what Casey just naturally knew.

When you need a little chuckle, a point in the right direction, a reminder of how someone can love and appreciate someone else, *Chew on Things — It Helps You Think* is just what the doctor ordered.



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**He was great because he
was unabashedly himself.
A real character.**



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