



Way of the Cat: Nap, Do Nothing and Stretch Your Way to a Blissful Life

Dana Kramer-Rolls

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Garrison Keillor once said that "cats show us that not everything in nature has a purpose." *The Way of the Cat*, however, shows how cats may be in our lives to help us follow our bliss. Iggy, Isabel, and Inky are three cats that have shown author Dana Kramer-Rolls how to get in touch with her inner cat--and discover the secrets of a blissful life, which include:* Stretching all over is one of life's pure and simple pleasures.* Doing nothing well is a feline art form anyone can practice.* We can all just get along when we live together well.

Kramer-Rolls's philosophy is simple: By "being as simple and direct as our cats, we can achieve a 'higher' or at least more natural and less-stressed state. Get involved with your cats. Their wisdom is now open to you, and you can learn everything they have to teach."

The funny and surprising *Way of the Cat* guides readers through the days and lives of Kramer-Rolls's cats and teaches them the ways of feline wisdom:* Learn to move silently and sleep deeply, as long as necessary.* Exercise by doing the "crescent moon stretch" and indulge in the fun of rolling around on the floor.* Practice feline empathy--and find out how to heal the world.* Celebrate bliss.

The Way of the Cat is packed with fun tips, exercises, cat stories, and food for thought--all drawn from the blissful lives cats lead every day.

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