



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 us 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.

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. 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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