



# What Shamu Taught Me About Life, Love, and Marriage: Lessons for People from Animals and Their Trainers

*Amy Sutherland*

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While observing trainers of exotic animals, journalist Amy Sutherland had an epiphany: What if she used their techniques with the human animals in her own life—specifically her dear husband, Scott? As Sutherland put training principles into action, she noticed that not only did her twelve-year-old marriage improve, but she herself became more optimistic and less judgmental. What started as a goofy experiment had such good results that Sutherland began using the training techniques with all the people in her life, including her mother, her friends, her students, even the clerk at the post office. Full of fun facts, fascinating insights, hilarious anecdotes, and practical tips, **What Shamu Taught Me About Life, Love, and Marriage** reveals the biggest lesson Sutherland learned: The only animal you can truly change is yourself.

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