



# Sit Stay Heal: How an Underachieving Labrador Won Our Hearts and Brought Us Together

*Mel Miskimen*

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Rowdy, reckless Seamus is the last dog you'd find in a training field. Instead of obediently retrieving, he stubbornly follows his heart, wherever it may lead.

Mel Miskimen's heart is heavy. Her mom, the family rock, the provider of apple pies and stubborn fan of Brett Favre, just died. Even more, her curmudgeon of a father isn't really coping. How can Mel reconnect with an old man more interested in field dog training than discussing his feelings?

Enter Seamus. The hapless black lab throws their grief into joyful disarray. Mel encourages her dad to mold Seamus into a champion retriever.. But as the seasons change, and memories follow, Mel realizes she must face her own fears, and that the road to Seamus's field trials might just heal them all.

At turns hilarious and heart breaking, *Sit Stay Heal* will touch the souls of dog lovers everywhere, and speak to anyone seeking a way to connect with those they've lost.

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#### **Pamela Acuna:**

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