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**The Self Improvement Show  
Archives Available  
October 2nd 2014: Rescue Me**

If you are alone and lonely then you need to tune in to this show. Even if you aren't alone and lonely this show can bring new meaning into your life. Val Silver is going to talk about the healing power and "happy making" talent that a pet can bring you as well as the benefits of adopting a rescued animal. I guess I want to say, "Let a rescued animal rescue you." Her book, "Rescue Me" is a heart tugging, smile making, (and yes, tail wagging) story of people and dogs who have rescued each other. <http://www.valsilver.com>

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#### Featured Guest



#### Val Silver

Val Silver lives in northern New York with her husband and Bichon/Shi Tzu mix, Teddy. She is a lifelong animal lover and advocate with a heart for animals and humans in need of compassion and healing.

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