

THE DOG TRAINER'S PLAYBOOK

VOLUME I

**EFFECTIVE TECHNIQUES
FOR A WELL-BEHAVED
AND HAPPY DOG**

TOM LABONE

The Dog Trainer's Playbook Volume I:
Effective Techniques for a Well-Behaved and Happy Dog

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We do not rise to the level of our expectations. We fall to the level of our training."

— Archilochus (Greek soldier, c. 650 BC)

Dedication

Dedicated to every dog lost to behavioral struggles. May the information in these pages, and future volumes, ensure that fewer must follow in your footsteps.

A NOTE TO OUR READERS

Tom LaBone Sr's mission is to deliver evidence-based, balanced training solutions that foster harmony between dogs and owners. His work addresses practical behavioral concerns and provides thorough analyses of aggression, biting, and lunging.

We understand that owners facing these problems may find reviewing them distressing. This material also explores intense anxiety and fear-driven behaviors. Our objective is to provide a path forward, but we encourage you to approach these sections at your own pace.

You'll find references to outdated methods involving physical dominance or intimidation. These are included only for context or as "what not to do." We support modern, evidence-based methods that use communication instead of fear.

INTRODUCTION:

Understanding Your Dog through Canine Psychology

Imagine living with a disruptive dog, feeling consumed by constant anxiety, or managing aggression. For hundreds of clients throughout my career, I have helped achieve the peace and freedom they sought. My success in transforming dogs reflects both my dedication and expertise.

I'm Tom, the founder of Dog Gone It K9 LLC. Over the past two decades of my dog training experience, my focus has been on balanced, science-based approaches. My Life's mission and passion is guiding owners through challenges, through a deep understanding of canine psychology and practical strategies, this has made me an expert in my craft.

In this book, I am going to guide you through key principles of canine psychology and show you how to use them every day. You'll learn why dogs behave as they do as well as see how they interpret actions. I will teach you to train your dog while honoring their instincts. Whether you're working with a stubborn puppy, an anxious rescue, or an energetic adult, this book prepares you to train your pup from zero to hero.

Meet Max. To show how these training ideas work in real life, we'll follow Max, a two-year-old rescue Shepherd-mix with leash reactivity and separation anxiety. Max's story is a case study throughout the book. It shows how each technique creates progress and connects theory to practice.

A Note on Focus: This is not a basic obedience manual about sit or stay. Instead, this playbook explores the why—the deep psychology and balanced tools needed to overcome anxiety, aggression, and reactivity.

By the end of this book, and with these principles, you will start seeing results within a few weeks. You'll strengthen your bond with your pup. With a better understanding of dog psychology, you can train with confidence, knowing you are meeting their mental and emotional needs. Together, we'll explore the science behind behavior. We'll learn practical training techniques when to use them, and discover the joy of a happy, well-trained dog.