



# **Behavior Adjustment Training 2.0: New Practical Techniques For Fear, Frustration, and Aggression**

*Grisha Stewart*

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# Behavior Adjustment Training 2.0: New Practical Techniques For Fear, Frustration, and Aggression

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**Empower your dog to gain confidence and social skills**

With *BAT 2.0*, trainer/author Grisha Stewart has completely overhauled *Behavior Adjustment Training (BAT)* to create a new efficient and practical tool for dog reactivity. *BAT 2.0* builds resilience and self-reliance by giving dogs safe opportunities to learn about people, dogs, or other "triggers." Clear enough for all readers to follow, this book also includes technical tips and bonus chapters just for dog behavior professionals.

Learn how to:

Rehabilitate aggression, frustration, and fear.

Use survival skills to prevent reactivity on walks and at home.

Use a long line to safely maximize your dog's freedom of movement.

Apply Grisha's BAT philosophy to all dogs and puppies...and get your life back!

What experts are saying about *Behavior Adjustment Training*

**BAT 2.0** is a must-read for anyone who has or works with reactive dogs. For years, dogs all over the world have benefited from the successful philosophies and empowering techniques in *BAT*, but Grisha Stewart has taken it to the next level. A clear appreciation for the canine experience and easy to follow, practical techniques is what makes *BAT 2.0* so beneficial for dogs that experience frustration, anxiety, or fear in any social situation. Stewart gives control back to the dog allowing a delicate balance of freedom, the ability to make choices and safety. I highly recommend *BAT 2.0* to anyone who is struggling with a reactive dog or who wants to gain a better understanding of their canine companion. Victoria Stilwell, author, *Train Your Dog Positively*

When I ask behavior professionals, "What are your eyes for?" they enthusiastically reply, "To see!" But when I ask, "What is your behavior for?" conference rooms fall silent. In *BAT 2.0*, Grisha Stewart provides the essential answer to this all-important question: Behavior is to have an effect, that is, to be effective. By safely allowing dogs more control over their own outcomes, especially in challenging conditions where fearful, frustrated, and aggressive behavior is most likely, caregivers will be more successful shaping independent, competent, confident companions.

Susan G. Friedman, Ph.D., Professor Emeritus, behaviorworks.org

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