



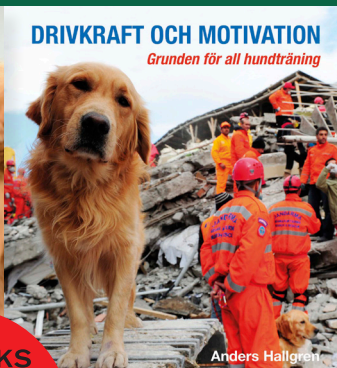
Nyskeln till lycka

Att motverka social stress hos hundar

Anders Hallgren

AH BOOKS

For the Love of Dogs



DRIVKRAFT OCH MOTIVATION

Grunden för all hundträning

Anders Hallgren



Etik och etologi

För ett lyckligt hundliv

Anders Hallgren



MIN BÄSTA

AKTIVERINGSBOK

MENTAL TRÄNING FÖR HUNDAR

ANDERS HALLGREN



ALLT OM

HUNDPSYKOLOGI

EN NY VETENSKAP

ANDERS HALLGREN



ANDERS HALLGREN

LEXIKON I HUNDSPRÅK

Lär dig tolka din hunds signaler

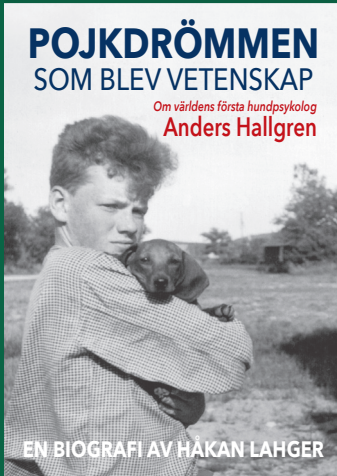
Gothenburg Book Fair 2023

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Read more about all of our books at www.ahbooks.se and www.liberata.se where this brochure can be downloaded.



POJKDRÖMMEN SOM BLEV VETENSKAP

Om världens första hundpsykolog

Anders Hallgren

EN BIOGRAFI AV HÅKAN LAHGER



Baserad på verkliga händelser

ATT TRÖSTA EN ELEFANT

Om gränslös kärlek, svek och evig saknad

THERESE LILLIESKÖLD

LIBERATA BOKFÖRLAG

AH BOOKS

For the Love
of Dogs

About AH BOOKS Publishing AB

AH Books is a young and growing publishing company, whose motto is "For the Love of Dogs". We have nearly 20 non-fiction titles in our catalogue available for international rights.

The company, based in Bromma, Stockholm was founded in 2019 in partnership with author Anders Hallgren. Most of our published titles to date are written by him.

From 2023 we also have as a subsidiary of AH Books Publishing AB: Liberata Bokförlag which aim to publish other non-fiction books as well as fiction. Our first two books are presented on page 14 and 15.

Looking forward to meeting you to discuss foreign rights opportunities.

Susanne Wigforss, Publisher

For more information about AH BOOKS, please go to www.ahbooks.se

Contact:

Susanne Wigforss
info@ahbooks.se
+46 73 941 15 58

About Liberata Bokförlag,
see page 12-15.



About Anders Hallgren



Anders Hallgren, psychologist, MSc, is considered to be the world's first dog psychologist and also a highly respected animal behaviorist. He has dedicated his life to helping dogs and has over 50 years of experience working in the field. His groundbreaking, innovative ideas helped introduce gentle and positive training methods that are now being used worldwide. His concept that dogs need mental activation was an important milestone in the field as far back as the 1970s. Hallgren has written over 30 books about dogs' behavior, psychology and learning.

Hallgren's work has helped thousands of dogs and dog owners around the world form a better relationship. Today, many dog psychologists and trainers use his methods as a basis for their own work. He is a much sought after lecturer and has appeared as a guest on TV, radio and podcasts in Scandinavia and abroad as well as being featured in major newspapers and magazines.

"It's hard to take in Anders Hallgren's greatness. But if you think about Ingmar Bergman in film, Björn Borg in tennis and Ingemar Stenmark in alpine, Anders' international importance in the dog world can begin to be discerned. I hope this book will make more people discover this unique Swedish humanist."*

Håkan Lahger

* THE BOYHOOD DREAM THAT BECAME SCIENCE
– About the world's first dog psychologist Anders Hallgren

ALL ABOUT DOG PSYCHOLOGY

– A New Science

*By Anders Hallgren,
Psychologist, MSc*

This book is unique – it is the first text book in dog psychology in the world.

“It is fantastic that Anders’ books and work from all these years have now been brought together in a text book.” From the foreword by Kerstin Malm, PhD in ethology

Dog psychology was founded in Sweden in the 1970s by Anders Hallgren. He was the first to start analyzing the causes behind a dog’s behavior rather than working on the symptoms. He found that no forms of violence, neither physical nor psychological, are needed in our relationship with dogs. In this way, he could not only help dogs with problem behaviors but also create soft alternatives to the then established focused dog training on discipline. Hallgren’s pioneering work brought about a paradigm shift regarding the way we view dogs. Today we treat our best friend with love and respect – and with friendship instead of leadership.

The book follows the development of dog psychology as a science and the foundations on which it rests: ethology, social psychology, learning psychology and emotional psychology (about stress). It shows how to find causes behind a problem behavior, such as using stress analysis, pain analysis and hormone analysis, and then how to fix these.



AH BOOKS
ISBN: 9789151995304 – 320 pages

Case descriptions and examples make the book easily accessible both for those who work professionally with dogs and ordinary dog owners who may be struggling with problem behaviors. The book will help you get an active, harmonious and happy dog!



MENTAL ACTIVATION

– Mental Training For Dogs

*By Anders Hallgren,
Psychologist, MSc*

This book lays out the background to why all dogs need mental and physical activation in their lives – and why it's our responsibility to help fulfill this inherent need. Hallgren offers a number of tips and instructions for various simple, stimulating and natural physical and mental activations that are fun for both the dog and the dog owner. It will also inspire you to make up your own activation programs for indoor and outdoor life. All in all the result will be a balanced and harmonious dog.

All dogs have by nature a lot of energy and their instinct is to synchronize all their activities with the rest of the family. The reason for this goes back to their ancestor, the wolf. In order to survive they have to make sure that everyone has the same amount of energy at the same time. Our domesticated dogs therefore synchronize their behavior with their human family. When we are passive, our dogs rest. Most dogs quickly learn to act out the hours of pent-up energy from indoors when they come out for a walk. A dog owner might jump to the wrong conclusion that they have a problematic dog. To avoid this is very simple – just give the dog some mental stimulation every day.



AH BOOKS
ISBN 9789163989902 – 128 pages

**BEST-
SELLER!**

THE A-Z OF DOG LANGUAGE

– Learn To Understand Your Dog’s Signals

*By Anders Hallgren,
Psychologist, MSc*

Anders Hallgren’s groundbreaking book is probably the only one in the world that addresses all aspects of dogs’ communication.

It not only explains how dogs communicate with facial expressions, gestures, sounds and smells, but it also explains the importance of more subtle signals such as various types of body contact, approaching other dogs etc.

”The A-Z of Dog Language” will help you better understand every nuance in the messages that your dog conveys to you.

This book is perfect for all dog owners and dog friends. It is also used as a reference book in the field, especially for dog trainers and animal behaviorists.



AH BOOKS
ISBN 9789163938375 – 144 pages

**BEST-
SELLER!**

ETHICS AND ETHOLOGY

– **For A Happy Dog life** (*English version available*)

*By Anders Hallgren,
Psychologist, MSc*

This book is intended to be a guide on how to create a happy life for man's best friend, how to improve your dog's quality of life and at the same time develop the very best relationship with your dog. The advice is based on ethical values and modern ethological research, but also common sense and empathy. It also takes into account what learning psychology says on how we should train dogs in the best possible way – whether it's about learning something new or "unlearning" something that we don't want the dog to do.



AH BOOKS

ISBN: 9789151979915 – 144 pages

**BEST-
SELLER!**

DRIVE AND MOTIVATION

– The Basis For All Dog Training

*By Anders Hallgren,
Psychologist, MSc*

This book covers in detail the most important parts of all dog training, which are drive and motivation. It explains what factors increase the dogs' working energy and its joy of working. The book also addresses issues such as stress and stress factors, canine ethology and the psychology of learning – all crucial factors that may have an effect on whether the training is successful or not.

This book will help you analyze your dog's drive and motivation. You will learn how to train your dog more efficiently and in a shorter time and also how to find the reason why some parts of the training may not be working, as well how to correct them.



AH BOOKS
ISBN 9789163938382 – 178 pages

**BEST-
SELLER!**

THE KEY TO HAPPINESS

– How To Avoid Social Stress In Dogs

*By Anders Hallgren,
Psychologist, MSc*

In this thought-provoking book, Hallgren explains why friendship is such a crucial part of our relationship with dogs. From their wild ancestors, dogs have inherited at least fifteen different behaviors and signals to enhance the unity of the pack. Wild predators that have good relationships within their group are good at co-operating. As a result, hunting is more efficient which therefore increases their chances of survival. The social and emotional bonds between individuals in a group are so important that in fact their survival depends upon it.

The fact that our dogs now live with us and no longer need to hunt because we provide their food has not changed their instincts, i.e. they still need to maintain a friendly atmosphere within their family to be able to feel safe. You and the other members of your family are all part of the dog's "pack". Therefore by always taking into the consideration the need to maintain this friendly atmosphere you can avoid social stress developing in your dog and as a result live harmoniously together.



AH BOOKS

ISBN 9789163938344 – 72 pages

SCARED, AGGRESSIVE AND STRESSED DOGS

– Simple Ways To Relieve And Cure *(English version available)*

*By Anders Hallgren,
Psychologist, MSc*

Stress, anxiety and aggression are physiologically the same – just with small differences. That is why it is so important to learn about stress – especially if you have an overactive, fearful or aggressive dog.

The book is based on Anders Hallgren's experiences and many years of working with problem behaviors in dogs. Stress is almost always one of the causes of problem behavior, therefore, Hallgren believes that this book may be one of the most important of all the books he has written.

“With the knowledge available today, no dogs need to suffer from stress, anxiety and aggression.”

The most common symptoms of stress are anxiety and aggression. This book describes in detail how stress is triggered and the effects that it has on the body. Stress prevention and relief are also dealt with in the book.

From the contents: Stress – a wonderful mechanism, what you should know about stress, the physiology of stress, the brain – how it functions under stress, Stress factors in dogs, Treatment and healing.



AH BOOKS
ISBN 9789163938351 – 112 pages

FAREWELL TO A FRIEND

– Grieving After The Loss Of A Dog

*By Anders Hallgren,
Psychologist, MSc*

Losing your dog can be compared emotionally to losing a dear friend or close relative. The sorrow is just the same. However, in society it is not as accepted to mourn the loss of a dog as it is a person. Therefore, many who have lost a dear four-legged friend feel alone in their grief.

This book aims to help you through those difficult moments. Like an understanding friend, it will help put words to your feelings and provide support.



AH BOOKS
ISBN 9789151995274 – 64 pages

THE ALPHA SYNDROME

– About leadership and ranking order in dogs

*By Anders Hallgren,
Psychologist, MSc*

”Don’t let the dog be the alpha.”, ”Show who’s boss!” Advice such as these are wrong. You can be as nice as you want to your dog – it does not make you less of a leader. The concept of leadership has long been misinterpreted and missused. You will learn about what factors really form the basis of all relationships amongst pack animals. In short – you can forget about leadership and think instead of your role as your dog’s friend. This book explains what leadership really means and takes you through the latest research findings on the subject.



AH BOOKS
ISBN 9789163792335 – 104 pages

LIBERATA BOKFÖRLAG

LIBERATA BOKFÖRLAG

Formed in 2023 as a subsidiary of AH Books Publishing AB, which publishes popular non-fiction books about dogs.

The new publishing company's goal is to publish fiction and non-fiction with a focus on really good stories – whether they come from an established author's pen or a first-time author.

Our first two books: *The Boyhood Dream That Became Science – About the World's First Dog Psychologist Anders Hallgren*, written by well-known Swedish journalist Håkan Lahger, and *What Elephants Dream – About Boundless Love, Betrayal and Eternal Loss*, by Therese Lilliesköld, will be released in time for the Gothenburg Book Fair 2023. (Se page 14 and 15).

ABOUT THE WRITERS

Håkan Lahger

is an acclaimed Swedish journalist and author. He has worked as an editor and journalist for many different media outlets including Fredrik Skavlan's talk show on Swedish TV1 and for producer Stina Dabrowski. Lahger has written books about, among others, Thorsten Flinck, Ulf Lundell, Bob Dylan and Anita Haglöf in *I was Ingmar Bergmans Housekeeper* and *The Helicopter Pilot – The Story of a Robbery*.



He has also written about the Swedish record industry in books such as *Fire Mill – Die with Your Boots On*, *Metronome – The Legendary Years*, *Proggen – The Rise and Fall of the Music Movement*, *High Standard – about Sonet, Folkhemmet and the start of the Swedish music miracle* (with Lasse Ermalm).

Therese Lilliesköld

is a biologist with focus on ethology, with a masters degree in anthrozoology, the interdisciplinary field of study that deals with interactions and relationships between humans and animals. She is a lecturer on interactions between animals and humans.



In addition to her long practical experience of working with animals in the wild, conservation projects and relocation activities for pets and zoos, since 2009 she has also consulted about animal behavior and needs and about children and animal relationships. Therese also conducts training on wildlife and tourism, including the situation of elephants and how it can be improved. She has previously several published non-fiction books, including “Hund och människa emellan” (on the relationship between dog and man).

Therese is currently studying for a PhD at Södertörn University.

THE BOYHOOD DREAM THAT BECAME SCIENCE

– About the world's first dog psychologist Anders Hallgren

By Håkan Lahger

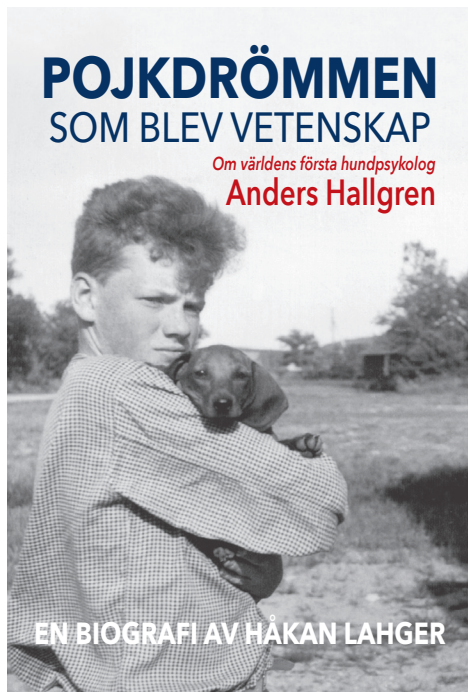
“It’s hard to take in Anders Hallgren’s greatness. But if you think about Ingmar Bergman in film, Björn Borg in tennis and Ingemar Stenmark in alpine, Anders’ international importance in the dog world can begin to be discerned. I hope this book will make more people discover this unique Swedish humanist.”

Håkan Lahger

A very personal and self-revealing portrait of a man who already as a young man, knew he wanted to dedicate his life to helping dogs – and by extension dog owners – to have a better and happier life. It was a journey that forced Anders to overcome stage fright and fear of social contact in order to succeed.

Håkan Lahger’s biography of Sweden’s most internationally renowned dog psychologist, Anders Hallgren, is based on a variety of open-hearted conversations and interviews – not only with Anders – but many of those he’s worked with over the years, including experts in the field who have collaborated with him.

As the world’s first dog psychologist, Hallgren initially encountered fierce resistance with his then controversial and groundbreaking ideas that dog training should be based on communication



AH BOOKS

ISBN 9789152769874 – 144 pages

and understanding between owner and dog instead of traditional methods with dominance, punishment and discipline.

With a degree in psychology and support of modern ethological research, he eventually gained increasing ground for the soft methods which now are being used worldwide. Today, Anders Hallgren can look back on 50 years as a dog psychologist.

WHAT ELEPHANTS DREAM

– About Boundless Love, Betrayal And Eternal Loss

By *Therese Lilliesköld*

This is a true story about the author's experience as a young volunteer on a farm in a small village in Thailand, where they tried to help young elephants overcome traumatic experiences and the loss of their mothers. It's a self-revealing, dramatic and sometimes poetic story about that time, and what came to influence the rest of the author's life, both privately and professionally.

What happens to a young person who makes strong bonds and friendships, both with other people and animals on the farm, all of which are broken under dramatic circumstances?

At the same time, the author has spiritual experiences that define science, but which yet cannot be ignored. What really happens when we die?

This is a story that leaves no one indifferent. In which Therese, with courage and without reservation, shares her innermost thoughts and feelings about how great love can be if you dare to open up to it. And how the vulnerability and pain that follow are still worth that once in a lifetime experience, even though the scars will remain forever.

Her book is also a testimony to how these animals are treated around the world. In writing the book, Therese hopes her story will make a difference.



AH BOOKS

ISBN 9789152769881 – 112 pages



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CONTACT:

AH Books Publishing AB and Liberata Bokförlag

Susanne Wigforss, Publisher
info@ahbooks.se or info@liberata.se
Telephone: +46 73-941 15 58

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