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

By Grisha Stewart



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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](http://behaviorworks.org)**

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### Editorial Review

#### Review

"BAT 2.0 - nice improvement to an already **excellent approach** for dealing with reactive dogs."

-- **Ken Ramirez**, Executive Vice-President and Chief Training Officer of Karen Pryor Clicker Training (via Twitter)

Grisha Stewart's updated version of BAT is easy to **understand with wonderful illustrations and pictures** to help the reader visualize the process. One of the things I like most about this book is the attention paid to reading dogs for signs of stress in order to keep the dog as comfortable as possible during setups.

-- **Emily Larlham**, dog trainer, seminar presenter, and host of the Kikopup YouTube Channel

I have enjoyed every chapter, every page and every line of the book. I think it is not only original, but breaking new ground in that it strikes a blow for ethical ways of training. I hope it will spread around the world.

I love the pedagogical approach of this book and the focus on how to install a feeling of control in a dog's life, all in all a fundamental recipe if you want your dog to feel safe and happy. It also adds an ability for dogs to predict events, which further strengthens its self-worth and being in control in relevant life situations. Keeping a distance to what triggers the dog and gradually come closer to it - another dog, a human or whatever the dog reacts to - is a training method with documented good results.

What I especially like in BAT 2.0 is something which is often overlooked in dog training, and that is how to use naturally occurring reinforcers: A method based on the "Premack's principle", or the relativity theory of reinforcement. Grisha does a great job of explaining how to use this in dog training.

**The chapter "BAT for Puppy Socialization" earns special mention. It is simply excellent! In my opinion everyone who has a puppy, is getting a puppy, or is just interested in how to take care of puppies, should read and learn from this. In fact, it could be a separate book.**

The BAT 2.0 book is a star among training concepts and Grisha Stewart has such a nice way of making everything easy to understand. Add her sense of humor to the topic and you have a book that is hard to put down.

-- Anders Hallgren, Animal behaviorist, dog psychologist, Psychologist Msc (Sweden)

Behavior Adjustment Training 2.0 is unique--a living document detailing the evolution of a very effective intervention from the experience of many practitioners. **I loved the practicality of this book**, as well as Grisha Stewart's dedication to giving dogs a voice in their own development! This is must-reading for those working with dog reactivity in its many forms.

--Risë VanFleet, Ph.D., CDBC Author, The Human Half of Dog Training: Collaborating with Clients to Get Results

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### From the Author

**Thanks** for checking out my book! I wrote most of it while camping in Alaska with my dog, Peanut and finished up editing with puppy Bean in tow.

The **BAT 2.0 book replaces the need to read the old one**, because the technique is very different now. It's easier to understand and has even more focus on empowerment and stress reduction. I started with the old book as my foundation, but changed pretty much every sentence and added something like 100 more pages.

So unless you just want to compare BAT 1.0 and 2.0, save yourself the expense and **only get the new book**. Look for me on Facebook if you have questions about it.

BAT is a great way to rehabilitate dog reactivity (aggression, frustration, fear), but it's also really useful for puppy socialization and everyday life with all dogs. **BAT is more than a technique - it's a lifestyle for everyone with dogs.**

### About the Author

Grisha Stewart, MA, CPDT-KA is a dog trainer and international seminar presenter who specializes in empowerment and dog reactivity. She has two books, several DVDs, and runs an online dog training school from Alaska. Grisha also founded Ahimsa Dog Training in Seattle. Ahimsa has earned many awards, including Best of Western Washington. Ahimsa is a Buddhist doctrine of nonviolence to all living things, which reflects Grisha's focus on empowerment training for all animals, including people.

Grisha has a Master's degree in Mathematics from Bryn Mawr College and post-graduate training in psychology with an emphasis on animal behavior from Antioch University. Her first career as a theoretical mathematician and college instructor serves her well in dog training and behavior consultations, because she relies heavily on the problem solving, critical thinking, and teaching skills she gained in that field.

Canine behavior fascinates Grisha and she is highly motivated to help improve our techniques for rehabilitating and training dogs. Her professional interest in reactivity and the need to find an efficient rehabilitation technique for her own dog's fears led Grisha to develop BAT. To see the BAT seminar schedule, learn more about BAT, purchase streaming videos, arrange an online video consultation, participate in BAT Chats, or register for online courses, visit [GrishaStewart.com](http://GrishaStewart.com).

## **Users Review**

### **From reader reviews:**

#### **Christine Erhart:**

Have you spare time for just a day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity for spend your time. Any person spent all their spare time to take a go walking, shopping, or went to the Mall. How about open or perhaps read a book titled Behavior Adjustment Training 2.0: New Practical Techniques For Fear, Frustration, and Aggression? Maybe it is to get best activity for you. You recognize beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with their opinion or you have some other opinion?

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This book untitled Behavior Adjustment Training 2.0: New Practical Techniques For Fear, Frustration, and Aggression to be one of several books this best seller in this year, honestly, that is because when you read this book you can get a lot of benefit upon it. You will easily to buy this kind of book in the book retail outlet or you can order it through online. The publisher in this book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Cell phone. So there is no reason for your requirements to past this e-book from your list.

#### **Crystal Babin:**

In this period globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher this print many kinds of book. The book that recommended for your requirements is Behavior Adjustment Training 2.0: New Practical Techniques For Fear, Frustration, and Aggression this reserve consist a lot of the information on the condition of this world now. This particular book was represented how do the world has grown up. The terminology styles that writer use for explain it is easy to understand. Often the writer made some investigation when he makes this book. Honestly, that is why this book suited all of you.



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