

Training Methods Science-Based Techniques for a Quiet, Happy Dog

HowToStopDogBarking.com



Why Training Matters



Barking isn't "misbehavior" — it's your dog's way of communicating with you and the world around them. Just like we use words to express our needs, fears, and excitement, dogs use their voices. Understanding this fundamental truth changes everything about how we approach training.

Effective training is built on three pillars: clarity, consistency, and humane methods. When we provide clear signals about what we want, remain consistent in our responses, and use methods that respect our dog's emotional wellbeing, we create an environment where learning flourishes naturally. Your dog wants to understand you — training simply bridges the communication gap.

Here's what science has proven: harsh or "alpha-based" approaches don't just fail to reduce barking — they actively make it worse. Punishment-based methods increase stress, anxiety, and fear, which are the very emotions that drive excessive barking in the first place. These outdated techniques damage the trust between you and your dog, creating a cycle of reactivity and distress.

The methods you'll learn in this guide do something completely different. They build confidence, reduce anxiety, and create a sense of safety. When your dog feels secure and understood, barking naturally decreases. This isn't about suppressing your dog's voice — it's about helping them feel calm enough that they don't need to bark excessively. Trust-based training creates lasting change that benefits both of you for years to come.

What This Guide Covers



Positive Reinforcement

Building calm behavior through rewards and encouragement



Desensitization & Counterconditioning

Changing your dog's emotional response to triggers



Quiet Cue Training

Teaching a specific signal that means "pause and earn a reward"



Engage–Disengage

Helping reactive dogs learn self-regulation skills

We'll also explore redirection training, environmental management strategies, and methods to avoid. At the end, you'll find a simple training plan that brings all these techniques together based on your dog's specific barking type. Each method has been validated by behavioral science and used successfully by professional trainers worldwide.

Positive Reinforcement Training

What It Is

Positive reinforcement means rewarding calm and quiet behavior the very moment it happens. This approach works with your dog's natural learning patterns, making desired behaviors more likely to occur in the future. It's simple, powerful, and backed by decades of research in animal behavior and learning theory.

Why It Works

- Builds confidence in anxious or uncertain dogs
- Reduces overall anxiety levels throughout the day
- Encourages voluntary quiet rather than forced silence
- Works for all ages, from puppies to senior dogs
- Effective across all breeds and temperaments
- Strengthens your bond and mutual trust



How to Apply

1. Mark the quiet moment with "Yes!" or a clicker sound
2. Deliver the reward within 1-2 seconds maximum
3. Use tiny, frequent rewards to maintain interest
4. Reinforce calm behavior throughout the entire day
5. Practice in low-distraction environments first
6. Gradually increase difficulty as your dog succeeds

📌 **Example in Action:** Your dog pauses barking at the window → immediately say "Yes!" → deliver a small treat. That moment of silence just became valuable to your dog.

Best Uses for Positive Reinforcement



Separation Anxiety

Rewarding calm behavior when you're preparing to leave or during short absences helps dogs build positive associations with alone time. Start with just seconds of calm and gradually extend the duration.



Attention-Seeking Barking

When dogs learn that quiet earns attention while barking doesn't, they quickly adjust their strategy. Consistently reward moments when your dog is near you but staying calm and quiet.



Territorial & Reactive Dogs

Dogs who bark at perceived threats benefit enormously from having calm behavior rewarded. This helps them learn that quiet observation is more rewarding than vocal alerts.



General Calmness Training

The foundation of all training. Rewarding your dog throughout the day for simply being calm creates a baseline of quiet behavior that carries into all situations.

"Quiet becomes the default behavior when calm moments are consistently rewarded."

The beauty of positive reinforcement is that it's never too late to start. Whether you're working with a young puppy or an older dog with years of barking habits, rewarding quiet consistently will create change. The key is patience and persistence — celebrate every small moment of silence, and those moments will multiply over time.

Desensitization & Counterconditioning (DS/CC)

What It Is

Desensitization and counterconditioning, often called DS/CC, is a scientifically proven method that gradually exposes your dog to a trigger at very low intensity while simultaneously pairing it with something wonderful. This isn't about forcing your dog to "face their fears" — it's about gently changing how they feel about specific triggers at a pace that keeps them comfortable and successful.

Think of it like building a positive association with something that used to cause concern. The desensitization part means starting with the trigger at such a low level that your dog barely notices it. The counterconditioning part means pairing that trigger with high-value treats or play, literally rewiring your dog's emotional response from "I need to bark at this!" to "Oh, good things happen when this appears."

Why It Works

DS/CC works at the emotional level, not just the behavioral level. While other methods might suppress barking temporarily, DS/CC actually changes how your dog *feels* about the trigger. When a dog's emotional response shifts from alertness or upset to calmness or even happiness, the barking naturally disappears because the underlying motivation is gone.

This method is backed by extensive research in both veterinary behaviorism and psychology. It's the gold standard recommended by certified animal behaviorists worldwide because it creates genuine, lasting change without any risk of making the problem worse.

01	02	03
Identify the trigger Pinpoint exactly what causes the barking	Start with the smallest possible version Find the threshold where your dog notices but doesn't react	Trigger → treat Present the trigger and immediately give high-value rewards
04	05	
Increase intensity slowly Gradually make the trigger more realistic over multiple sessions	Never push to barking or panic If your dog barks, you've gone too fast — take a step back	

DS/CC Example: Doorbell Training

Week 1: Quiet Sound

Play a very quiet doorbell sound on your phone at low volume. The instant your dog hears it, deliver several small treats in rapid succession. Repeat 5-10 times per session, twice daily. Your dog should remain calm throughout.

Week 2: Increase Volume

Slowly raise the sound volume across multiple sessions. If your dog shows any tension or starts to bark, immediately lower the volume back to the previous comfortable level. Patience here prevents setbacks later.

Week 3: Add Distance

Move the sound source farther away, then closer to the actual door location. Continue the treat delivery timing — sound immediately equals treats. Build up practice repetitions at each distance level.

Week 4: Real Doorbell

Progress to testing with the actual doorbell. Have a helper ring it while you're ready with treats. Keep sessions short and successful. Real visitors can wait until your dog shows consistent calm responses.

Best For

- Doorbell and knock barking
- Window barking at passersby
- Barking at specific sounds (delivery trucks, sirens)
- Dogs who react strongly to outdoor triggers
- Fear-based reactive barking



The key to DS/CC success is patience and careful observation. Your dog's body language tells you whether you're moving at the right pace. Soft eyes, loose body, and willingness to take treats means you're in the sweet spot. Tension, hard stares, or refusal of treats means you need to make the exercise easier. This method takes time, but the results are permanent and truly change your dog's emotional experience.

The "Quiet" Cue Method

What It Is

The Quiet cue teaches your dog that a specific word means "pause your barking and earn a reward." Unlike yelling "Quiet!" while your dog is already barking (which often makes things worse), this method builds a positive association with the cue through careful timing and rewards.



Why Typical "Quiet" Commands Fail

Most people make a critical timing mistake: they say "Quiet!" *while the dog is actively barking*. To the dog, this sounds like you're joining in or adding excitement to the situation. You're accidentally reinforcing the barking behavior instead of stopping it.

The barking continues because the dog has learned that "Quiet!" means "keep barking and the human will get involved." This is why so many owners feel frustrated — they're using the right word but the wrong timing, creating the opposite result of what they want.

How to Apply



Allow Two Barks

Don't interrupt immediately. Let your dog get the alert out of their system. This honors their instinct to communicate.



Calmly Say "Quiet"

Use a neutral, pleasant tone. Wait for the natural pause that comes after barking. Don't shout or show frustration.



Mark the Silence

The exact moment of quiet, mark it with "Yes!" This is the critical timing — instant feedback.



Deliver Treat

Give the reward within 1-2 seconds. Your dog just learned that quiet earns good things.



Extend Duration

Gradually increase how long the quiet must last before rewarding. Start with 1 second, build to 5, then 10, then 30.

Best For: Territorial barking at visitors, guest arrival barking, window barking at passersby, and mailman/delivery barking. This method works especially well when your dog barks at predictable, repeated triggers throughout the day.

Engage–Disengage Method

What It Is

The engage–disengage method is a powerful technique specifically designed for reactive or easily overstimulated dogs. Instead of trying to prevent your dog from noticing triggers, this method teaches them to notice the trigger *and then choose to look back at you*. This self-regulation skill is transformative for dogs who struggle with impulse control.

Here's how it works: You reward your dog for looking at the trigger (the "engage" moment), and then immediately reward them again when they voluntarily look back at you (the "disengage" moment). This two-step process builds awareness and choice. Your dog learns that triggers aren't threats requiring barking — they're opportunities to earn rewards through calm observation.

Why It Works

This method is brilliant because it works *with* your dog's natural instincts rather than against them. Dogs are hardwired to notice changes in their environment — that's survival instinct. Engage–disengage doesn't try to suppress this awareness. Instead, it channels that noticing into a controlled, rewarded behavior.

The magic happens when your dog realizes they have a choice. Rather than feeling compelled to bark at every trigger, they learn they can look, acknowledge, and then check in with you for guidance. This reduces anxiety, builds confidence, and dramatically decreases reactive barking. It encourages the dog to self-regulate rather than relying on you to manage every situation.

01

Start at a safe distance

Far enough that your dog notices but doesn't react strongly

02

Mark "engage"

When your dog looks at the trigger, say "Yes!" and treat

03

Reward "disengage"

When they look back at you, mark and reward again

04

Gradually decrease distance

Over many sessions, slowly work closer to triggers

Perfect For: Dog Reactivity

Dogs who bark, lunge, or become agitated when they see other dogs on walks benefit enormously from this method. It transforms walks from stressful events into training opportunities.

Perfect For: Walk Barking

Whether it's people, bicycles, cars, or other animals, engage–disengage teaches your dog to notice without reacting. Walks become calmer and more enjoyable for everyone.

Perfect For: Window Watching

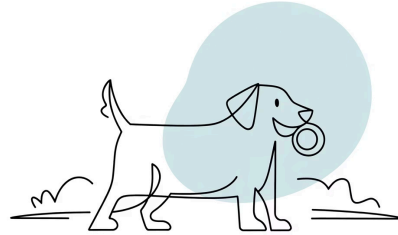
For dogs who spend hours barking at window activity, this method redirects their attention. They learn to watch briefly and then look to you instead of sustaining the barking.

Redirection Training

What It Is

Redirection training means teaching your dog an alternative behavior that physically prevents them from barking. When your dog is doing something else with their mouth or body, they literally cannot bark at the same time. This technique is about providing a clear, rewarding substitute for the barking behavior.

The beauty of redirection is that it gives your dog something *to do* rather than just something *not to do*. Dogs learn much faster when they understand what **is** wanted, not just what isn't. By redirecting to a known, rewarded behavior, you're setting your dog up for success.



Effective Redirection Behaviors

Go to Mat/Place

Teaching your dog to go to a specific spot and settle there is incredibly versatile. It works for doorbell barking, guest arrivals, and meal preparation times. Once on the mat, your dog has a clear job that's incompatible with barking.

Bringing a Toy

For dogs who love to carry things, teaching them to grab a toy when triggered is brilliant. It's hard to bark with a mouth full of favorite squeaky toy. This works especially well for excitement-based barking.

Sitting Calmly

A solid sit-stay is one of the most useful behaviors you can teach. It's simple, easy to maintain, and works in countless situations. Dogs who are focused on holding a sit rarely have the mental bandwidth to bark simultaneously.

Hand Target/Touch

Teaching your dog to touch their nose to your hand creates focus and engagement. It's an active behavior that redirects attention away from triggers and toward you, making it perfect for attention-seeking barkers.

Teach When Calm

First, train the substitute behavior when your dog is completely relaxed and there are no distractions present.

Practice in Easy Scenarios

Begin using the redirect in low-pressure situations where success is almost guaranteed.



Best for: Visitors at the door, barking during family meals, attention-seeking barking, and excitement-based barking. Redirection shines when you need an immediate, actionable solution that your dog already knows how to perform successfully.

Environmental Management

What It Is

Environmental management means strategically changing your dog's physical surroundings to reduce exposure to barking triggers before training even begins. Think of it as setting the stage for success. When triggers are minimized, your dog experiences more calm moments throughout the day, which makes training dramatically easier and faster.

This isn't about avoiding training or "giving in" to barking. It's about being smart. Management buys you calm time — precious hours and days where your dog isn't practicing the barking behavior, where stress hormones aren't flooding their system, and where they can experience what quiet feels like. This creates the foundation on which all your training efforts will build.

Window Film & Barriers

Blocking visual access to street activity is one of the most effective management tools. Frosted window film, curtains, or baby gates that prevent window access immediately reduce territorial barking. Your dog can't bark at what they can't see. This is especially powerful for dogs who spend hours watching and reacting to every passerby.

Sound Masking

White noise machines, fans, or calming music can mask trigger sounds like doorbells, car doors, and neighborhood dogs. This is particularly helpful for sound-sensitive dogs or those in busy neighborhoods. The constant, predictable sound creates an auditory blanket that muffles sudden noises.

Space Management

Temporarily blocking access to overstimulating rooms helps immensely. If your dog barks at the front windows, close the door to that room during training. If backyard sounds trigger barking, keep your dog in the quieter parts of the house during peak activity times.

Crate Covers & Dens

For dogs who use crates, covering the crate with a blanket creates a den-like environment that feels safe and reduces visual triggers. This is especially helpful for dogs with separation anxiety or those who bark at household activity.

Exercise & Enrichment

A tired dog with a satisfied mind barks less. Increasing daily exercise, adding puzzle feeders, rotating toys, and providing sniff walks or training sessions gives your dog appropriate outlets for energy. Mental enrichment is just as important as physical exercise.

"Management buys calm time. When triggers are reduced, training becomes easier and faster."

The goal isn't to manage forever — it's to manage *while you train*. As your training progresses and your dog builds new skills, you can gradually reintroduce triggers in a controlled way. But during those crucial first weeks and months of training, management prevents your dog from rehearsing the unwanted barking behavior hundreds of times, which would undermine all your training efforts.

What NOT to Use

Warning: Outdated and Harmful Methods

The following training tools and techniques are not recommended by veterinary behaviorists, certified trainers, or animal welfare organizations. While they may temporarily suppress barking, they cause significant harm to your dog's emotional wellbeing and your relationship.

Shock Collars (E-Collars)

These devices deliver electric shocks to the dog's neck. Studies show they increase fear, anxiety, and aggression. They damage trust and can cause lasting psychological harm. Many countries have banned their use entirely. The temporary suppression of barking comes at an enormous cost to your dog's wellbeing.

Spray Bottles & Water Squirting

While seemingly "harmless," spray bottles teach your dog to fear you and become sneaky about barking when you're not around. They don't address the underlying cause of barking and can increase anxiety, making the problem worse long-term.

Yelling & Punishment

Shouting at a barking dog often sounds like you're "barking" along with them, which escalates excitement. Physical punishment damages your relationship and teaches your dog that you're unpredictable and scary. Fear-based training always backfires.

"Alpha" & Pack Leader Techniques

The dominance theory has been thoroughly debunked by modern science. Dogs don't think in terms of "pack hierarchy" with humans. These techniques (alpha rolls, forced submission, intimidation) create fear and distrust without addressing the real reasons for barking.

Citronella Collars

These spray citronella in the dog's face when they bark. While less painful than shock collars, they're still aversive and don't teach your dog *what to do instead*. They can also be triggered by other dogs' barking, punishing your dog for something they didn't do.

Shaker Cans & Startle Tools

Throwing objects or making loud noises to startle your dog into silence teaches them that the world is unpredictable and frightening. This increases overall anxiety and often makes reactive barking worse because your dog becomes more vigilant and stressed.

Why These Methods Fail

All of these approaches have something in common: they suppress barking temporarily through fear, pain, or unpleasant experiences, but they don't change the underlying emotional state that causes the barking. A dog who's afraid or anxious will continue to *feel* afraid and anxious — they'll just stop expressing it openly.

The Real Cost

The damage goes beyond ineffective training. These methods erode trust, increase stress hormones, can trigger aggression, and often make barking worse in the long run. They also damage your relationship with your dog, creating a distance based on fear rather than partnership based on trust.

Modern, science-based training methods are not only more humane — they're also more effective. They address the root cause of barking, create lasting behavioral change, and strengthen your bond with your dog. There is simply no reason to use outdated, harmful methods when better options exist.

Putting It All Together: Your Training Plan

Now that you understand the core training methods, it's time to create a personalized plan based on your dog's specific barking type. Effective training isn't one-size-fits-all — it's about matching the right techniques to the underlying cause of your dog's barking.

1

Identify Your Dog's Barking Type

Determine whether your dog's barking is primarily territorial (stranger/doorbell alerts), fear-based (anxious or reactive), boredom-related (under-stimulated), attention-seeking (demanding interaction), or separation anxiety. Most dogs have a primary type with elements of others.

2

Choose Methods Based on Type

- **Fear-based:** DS/CC is your primary tool, supported by management
- **Territorial:** Combine Quiet cue training with engage-disengage
- **Boredom:** Focus on redirection training plus enrichment activities
- **Attention-seeking:** Reinforce calm behavior consistently throughout the day
- **Separation Anxiety:** Start with management, add DS/CC, implement structured alone-time training

3

Train in Short, Consistent Sessions

Quality beats quantity every time. Aim for 5-10 minute training sessions, done 2-3 times daily. Dogs learn better in short bursts with full attention than in long, unfocused sessions. Keep sessions calm, positive, and end on success. Consistency across days matters more than intensity within sessions.

4

Track Progress & Celebrate Small Wins

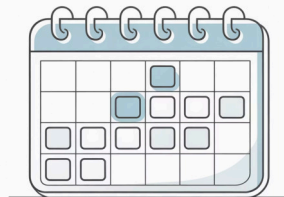
Keep a simple log noting frequency, duration, and intensity of barking. Track the triggers and your dog's responses. Celebrate improvements, even tiny ones. The first quiet moments are small and easy to miss — but they matter enormously. Progress isn't always linear, and that's completely normal.

Building Your Weekly Routine

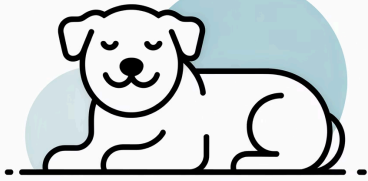
Create a sustainable rhythm. Monday through Friday might include one morning training session focused on your primary method, environmental management throughout the day, and one evening session practicing secondary skills. Weekends can include longer practice in real-world scenarios.

Remember that training happens *all day long*, not just during formal sessions. Every time you reinforce calm behavior, redirect appropriately, or successfully manage a trigger situation, you're training. The formal sessions build skills; the daily interactions cement them into habits.

Most importantly, be patient with both yourself and your dog. You're learning a new skill together. Mistakes are part of the process. If a method isn't working after 2-3 weeks of consistent practice, don't hesitate to adjust your approach or seek guidance from a certified professional trainer who uses positive methods.



Encouragement & Realistic Expectations



Progress Is Rarely Linear

Your dog will have good days and challenging days. You might see wonderful improvement one week, then experience a setback the next. This is completely normal and doesn't mean you're failing. Learning any new skill involves ups and downs — for both you and your dog. What matters is the overall trend over weeks and months, not daily perfection.

"Dogs learn quietly at first. The internal shift happens long before you see consistent external results. Trust the process even when progress feels invisible."

"Calm routines matter more than perfection. A consistent, peaceful daily rhythm teaches your dog more than any single training session ever could."

"The quieter your dog feels inside, the quieter they become on the outside. Emotional transformation is the foundation of behavioral change."

What Success Really Looks Like

Success isn't your dog never barking again — that's unrealistic and not even desirable. Dogs *should* bark sometimes. Success is:

- Shorter barking episodes
- Faster recovery and calming down
- More responsiveness to your cues
- Fewer triggers causing intense reactions
- More hours of peaceful coexistence daily
- A stronger bond built on trust and understanding

Be Kind to Yourself

You're doing important work. Behavioral change takes time, patience, and consistency. There will be days when you feel frustrated or wonder if anything is working. These feelings are normal. Take breaks when you need them. Celebrate the small victories — the two-second pause, the one walk without barking, the evening where you both felt relaxed.

Remember: your dog isn't trying to be difficult. They're communicating the best way they know how, and you're teaching them a better way. That's a gift you're giving them that will last their entire life.

"Patience plus repetition equals change. Every moment you invest in training with kindness and consistency is building the quiet, happy dog you both deserve to be."

Call to Action / Next Steps

Explore the Full Training Library

Ready to dive deeper? HowToStopDogBarking.com offers a comprehensive collection of resources designed to support you through every stage of your training journey. Whether you need help identifying your dog's specific barking type, want detailed management strategies, or need realistic timelines for improvement, we've got you covered.

Barking Types Guide

A detailed breakdown of territorial, fear-based, boredom, attention-seeking, and separation anxiety barking. Learn to identify what's driving your dog's behavior with specific examples and characteristics for each type.

Tools & Management Guide

Everything you need to create a calm environment: recommended window films, white noise solutions, enrichment toys, training treat recommendations, and management equipment that actually works.

Realistic Barking Timeline

Set appropriate expectations with week-by-week progress guides for different barking types. Understand what changes to look for and when, so you can celebrate progress appropriately.

Free PDF Downloads

Printable training logs, quick-reference method guides, troubleshooting checklists, and emergency management strategies. Take our resources offline and post them where you need them most.

Join Our Community

Training doesn't have to be a solitary journey. Connect with other dog owners working through similar challenges, share your successes, ask questions, and get support when you need it. Our community celebrates every win, no matter how small.

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Remember: You're not alone in this journey. Thousands of dog owners have successfully reduced barking using these science-based methods. Your patient, consistent efforts will pay off — one quiet moment at a time.

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Method Comparison & Selection

Still wondering which method to start with? This comparison chart helps you understand when each technique works best, how long results typically take, and what level of commitment each requires. Use this as your decision-making guide.

Training Method	Best For	Time to Results	Difficulty Level
Positive Reinforcement	All barking types, foundation training	2-4 weeks	Easy - Beginner friendly
DS/CC	Fear-based, doorbell, trigger-specific	4-8 weeks	Moderate - Requires patience
Quiet Cue	Territorial, guest barking	2-3 weeks	Easy - Quick to implement
Engage-Disengage	Reactive, walk barking, window watching	3-6 weeks	Moderate - Timing critical
Redirection	Attention-seeking, excitement, visitors	1-3 weeks	Easy - Fast results
Management	All types - support tool	Immediate	Easy - Prevents practice

Combining Methods Works Best

Most successful training plans use 2-3 methods simultaneously. For example, use management to reduce daily triggers, positive reinforcement to build general calm, and DS/CC to address the primary fear or reactivity. This layered approach accelerates progress.

Start Where You'll Succeed

If you're feeling overwhelmed, begin with the easiest method that applies to your situation. Early success builds confidence and motivation. You can always add more sophisticated techniques once you've established a foundation.

Common Training Mistakes to Avoid

Even with the best intentions, certain mistakes can slow your progress or create confusion for your dog. Learning what *not* to do is just as important as learning proper techniques. Here are the most common pitfalls and how to avoid them.

Inconsistent Application

Training sometimes but not others confuses your dog. If you reinforce quiet on Monday but ignore barking on Tuesday, your dog receives mixed messages. Consistency doesn't mean perfection — but it does mean responding similarly to similar situations as much as humanly possible. Get family members on the same page about responses.

Moving Too Fast

Rushing through training stages before your dog is ready causes frustration for both of you. If your dog starts barking during DS/CC, you've progressed too quickly. If the Quiet cue stops working, you may have extended duration too fast. Always err on the side of making training easier and progressing more slowly.

Rewarding at the Wrong Time

Timing is everything in dog training. Rewarding 5 seconds after quiet behavior doesn't teach what you think it does — your dog doesn't connect the reward to the quiet moment. Mark the exact moment of the desired behavior, then deliver the treat within 1-2 seconds maximum.

Using Low-Value Rewards

Kibble might work for basic obedience, but barking reduction requires high-value rewards. Use small pieces of real meat, cheese, or special treats your dog absolutely loves. The reward needs to be worth the effort of changing a deeply ingrained behavior pattern.

Training Only During Barking

If you only practice when your dog is already triggered and barking, you're making training unnecessarily hard. Build skills during calm moments first, then gradually apply them in trigger situations. Foundation training happens in easy environments.

Your Journey Starts Now



Every Quiet Moment Matters

You now have everything you need to begin transforming your dog's barking behavior using science-based, humane methods. The path ahead requires patience, consistency, and compassion — but the destination is worth every minute invested.

Trust-Based Bond

Methods built on positive reinforcement strengthen your relationship

Ongoing Support

Resources and community to guide you every step of the way

Achievable Goals

Clear methods with realistic timelines set you up for success



Science-Backed Approach

Techniques validated by behavioral research and veterinary behaviorists

Lasting Results

Changes that address root causes, not temporary suppression

Reduced Stress

A calmer dog means a more peaceful household for everyone

Remember that your dog isn't barking to frustrate you. They're communicating the only way they know how — with their voice. Your commitment to understanding and addressing the underlying causes rather than simply punishing the behavior shows tremendous love and respect for your companion.

The journey from excessive barking to peaceful quiet isn't instantaneous, but with each training session, each successfully managed trigger, and each moment of reinforced calm, you're building new patterns. You're teaching your dog that they're safe, that quiet is rewarding, and that they can trust you to handle whatever comes.

"The most profound transformations happen one small moment at a time. Your patience today becomes your dog's peace tomorrow."

Start Today

Don't wait for the "perfect" time or until you've read

Get Additional Support

Visit [HowToStopDogBarking.com](https://www.howtostopdogbarking.com) for detailed guides, video