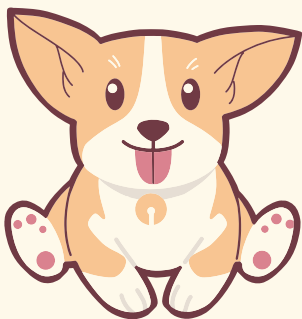


CALM DOG STARTER GUIDE

How to Reduce Barking &
Jumping
Without Yelling



By:
@EveryDogHasDay





INTRODUCTION:

If your dog barks nonstop or jumps on people, you are not alone – and your dog is not “bad.”

These behaviors are normal, but when they happen constantly, it means your dog needs calm guidance, not yelling or punishment.

This FREE guide will help you:

- Understand why barking and jumping happen
- Learn what not to do (that secretly makes it worse)
- Start calming your dog today

This is a starter guide. A full step-by-step 7-day training system is available at the end.





WHY DOGS BARK & JUMP

Dogs usually bark or jump for one (or more) of these reasons:

1. Excitement

Dogs don't know how to contain big emotions. Jumping and barking release energy.

2. Attention-Seeking

If barking or jumping gets any reaction – even yelling – your dog learns it works.

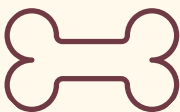
3. Anxiety or Fear

Some dogs bark or jump to create distance from things that scare them.

4. Reinforced Behavior

If your dog jumps and then gets pet, spoken to, or walked – the behavior is rewarded.



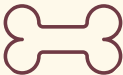


WHY YELLING NEVER WORKS

- Dogs don't understand human language
- Yelling raises excitement or fear
- Loud reactions often increase barking
- Dogs respond to energy and timing, not volume

Calm, consistent
behavior always
works faster.





5 QUICK FIXES YOU CAN START TODAY

1.Ignore Jumping Completely

No eye contact. No talking. No touching.
Reward only when all four paws are on the ground.

2.Reward Calm Behavior Instantly

The second your dog is calm – reward it.

3. Stop Walking When the Leash Tightens

Pulling = no movement
Loose leash = forward motion

4.Use Calm Body Language

Slow movements. Calm tone. Confident posture.

5. Keep Training Short

5–10 minutes is enough. Stop before your dog gets overstimulated.





SIMPLE DAILY CALM ROUTINE

Morning

- Short walk
- Reward calm walking
- Calm feeding (no rushing)

Midday

- Mental stimulation (puzzle toy or chew)
- Quiet rest time

Evening

- Calm greetings
- Ignore jumping
- Reward calm sitting or laying down

Consistency > perfection.





TOOLS I RECOMMEND

These tools help make training easier:

- Training treats
- Comfortable leash or harness
- Puzzle toy for mental stimulation

Only use tools that support calm behavior.

[. \(https://amzn.to/3YLzmyH\)](https://amzn.to/3YLzmyH)

[. \(https://amzn.to/49rxVM5\)](https://amzn.to/49rxVM5)

[. \(https://amzn.to/4jMlTQL\)](https://amzn.to/4jMlTQL)

Affiliate Disclaimer:
Some of the links in this e-book are affiliate links. This means I may earn a small commission if you make a purchase through these links, at no extra cost to you. I only recommend products I truly believe in.





READY FOR REAL RESULTS?

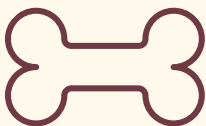
This starter guide gives you the foundation, but lasting change happens with a clear plan.

The Full Guide Includes:

- ✓ Exact 7-day schedule
- ✓ Step-by-step training
- ✓ Real-life scenarios
- ✓ Common mistakes to avoid
- ✓ Calm leash walking system

📖 Stop Barking & Jumping in 7 Days
➡ Available now





FINAL NOTE

Dogs learn best when they
feel safe, calm, and
understood.

You don't need to yell.

You don't need
punishment.

You just need consistency.

You've already taken the
first step

