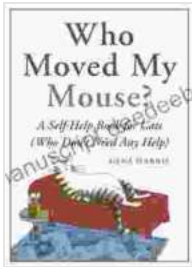


# Self Help for Cats Who Don't Need Any Help



## Who Moved My Mouse?: A Self-Help Book for Cats (Who Don't Need Any Help) by Dena Harris

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1198 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 144 pages
Screen Reader	: Supported



Cats are often portrayed as independent creatures, but they can actually benefit from a little help from time to time. This article provides some self-help tips for cats who don't think they need any help.

### 1. Get regular checkups

Just like humans, cats need regular checkups to stay healthy. A veterinarian can check for any health problems, such as dental disease, ear infections, or urinary tract infections. They can also provide vaccinations and deworming, which can help prevent serious illnesses.



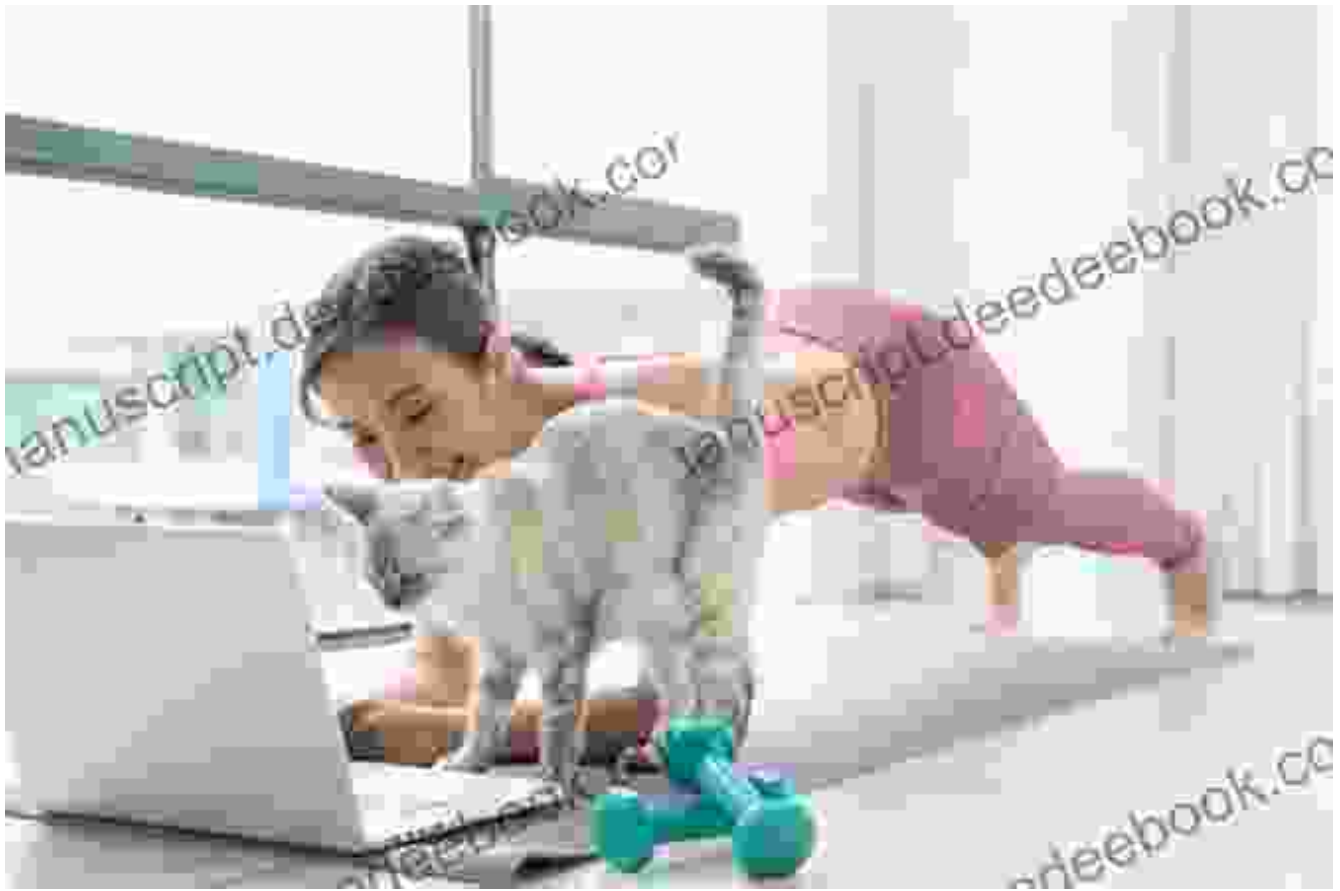
## **2. Eat a healthy diet**

A healthy diet is essential for a cat's well-being. Cats are carnivores, so they need to eat meat. However, they also need to eat other nutrients, such as fiber, vitamins, and minerals. A good quality cat food will provide all of the nutrients that your cat needs.



### **3. Get regular exercise**

Cats are naturally active animals, so they need to get regular exercise. This can be done by playing with them, taking them for walks, or providing them with toys to play with. Exercise helps to keep cats healthy and prevents them from becoming overweight.



#### **4. Groom your cat regularly**

Cats are very clean animals, but they still need to be groomed regularly. This helps to remove dead hair, dirt, and debris from their fur. It also helps to prevent mats and tangles.



## **5. Provide a safe and comfortable home**

Cats need a safe and comfortable place to live. This includes providing them with a bed, food and water bowls, and a litter box. It also means keeping your home free of hazards, such as poisonous plants or electrical cords.



## **6. Spend time with your cat**

Cats are social animals, so they need to spend time with their human companions. This can be done by petting them, talking to them, or playing with them. Spending time with your cat helps to build a bond between you and your pet.

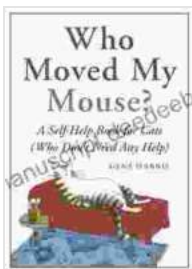


## **7. Be patient**

Cats can be independent creatures, so it may take some time for them to warm up to you. Be patient and don't give up on them. With time and effort, you can build a strong bond with your cat.



Cats are often portrayed as independent creatures, but they can actually benefit from a little help from time to time. By following these self-help tips, you can help your cat to stay healthy and happy.



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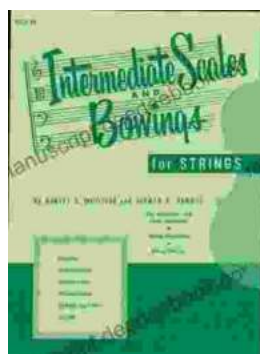
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