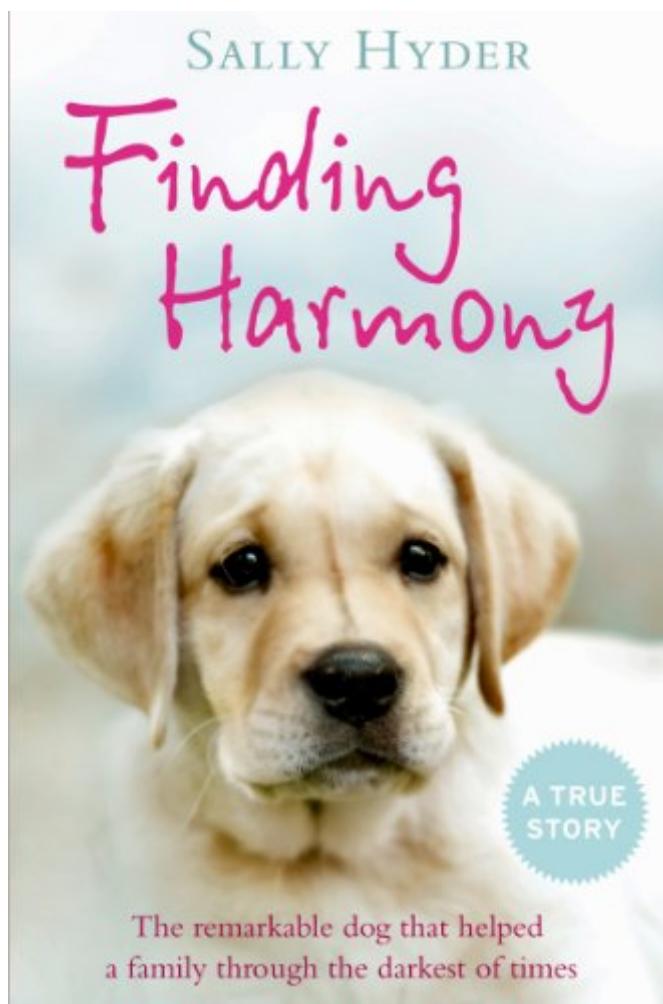


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# Finding Harmony: The Remarkable Dog That Helped A Family Through The Darkest Of Times



## **Synopsis**

Heartwarming, inspirational and genuinely touching, Finding Harmony is the remarkable true story of an extraordinary dog that rescued a woman from the depths of depression and transformed a family for ever. A keen mountaineer, Sally Hyder was in her prime and loving life. She shared her passion for climbing with her partner Andrew and it was a dream come true when Andrew proposed at Everest Base Camp. For them, climbing mountains made anything seem possible and represented their attitude to life. But a year after Sally and Andrew were married Sally was diagnosed with Multiple Sclerosis. She was only 28 and was training to be a Macmillan nurse – she wanted to care for the terminally ill. But Sally was determined the disease wouldn't slow her down: she went back to work looking after others and, despite warnings that her condition could deteriorate in pregnancy, went on to have three beautiful children. But it was when her youngest child Melissa was diagnosed with severe autism that Sally began to spiral into depression. Sally felt guilty about the pressures faced by her elder daughter Clara in her role as carer. Sally worried that she was missing out on the freedom of childhood. She needed help. Unsure who to turn to, she happened upon Canine Partners and an extraordinary dog called Harmony. They formed an instant bond; Harmony can perform over 100 chores – from putting groceries into the trolley to handing over Sally's purse at the till. Harmony is an unending source of comfort: she intuitively knows when Sally is in pain and calms Melissa when she suffers panic attacks. Harmony has given Sally the ability to start living once more, and become a mother again in her own way. She has shown Sally that the sky's the limit and, with a taste for independence that she hadn't felt since her mountaineering days, Sally set her sights on the peaks of Ben Nevis once more. In August 2010 Sally planned to climb the hardest of the Munro Mountains. Sadly her first attempt was thwarted after her motorised wheelchair short-circuited. But Sally is a fighter and reached the summit in June 2011 with her husband by her side. And Harmony too, of course.

## **Book Information**

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## **Customer Reviews**

I thought this book was about how Harmony the dog helped this family. It started out with some groundwork information about Harmony then the book made a drastic turn. The focus was on the droll details of every aspect of her life with nothing about the dog. It was chapter after chapter of job details, births of children, moving, etc... I tried hard but couldn't finish this book. There are only about 4 books I've not been able to finish and this was one of them. It was not what I expected and I wouldn't recommend it to anyone who thinks they are reading a book about a dog.

An interesting book providing insight into one person's life with MS. Also, very frustrating. Why would a person struggling emotionally and physically with 2 children proceed to have a third? It was very surprising that O.T. was not mentioned a lot earlier, both in regard to the MS and the child with autism. Given the author's clear and detailed description of her daughters behaviors, I was shocked that the diagnosis of autism or of a related disorder took so long. There were inconsistencies. If she employed an "au pair", why would a pen dropped in the morning have to wait until her daughter's return in the afternoon to be picked up? Surely the "au pair" could do it, or maybe she would possess more than one pen! Throughout the book, she appears to be trying to be a "supermom". With or without MS, everyone has abilities and limits.. She also seems to take credit for her children's talents such as music. They may have inherited musical ability and she gave them opportunity but she did not "make" the children musical. The father, while credited with providing support, appears to have been more of an onlooker. The children are referred to as "my children", not "our children". The impact of the author's MS on Andrew seems to have almost been ignored. She appears to be very self-serving and self-absorbed. When the book finally gets to the section

where the author receives a service dog, Harmony, it provides wonderful insight into the training and the partnership of dog and person. I applaud the author for promoting service dog organizations and appreciating the gift that she has been given.

Storyline was more about the author's travels and dealing with her MS diagnosis. She was a tough, spirited woman who refused to be stopped by MS. Harmony, the dog doesn't come into the story until long into the book. But it was interesting to read about the canine (and human) training program.

Your story was interesting and I fell in love with Harmony but you took almost half the book before you started talking about Harmony. The story would have been much more interesting if you had focused more on your relationship with Harmony than on your own adventure. I was disappointed but at the same time I was so happy for you. GOD BLESS YOU AND YOUR AMAZING FAMILY!

Finding Harmony is a well-written story of one woman's struggle with MS. She also tells of the difficulties that arise when one child has special needs. The relationships Ms. Hyder has with her husband, her children, her friends, and this wonderful helper dog are told in an engaging way. I'm grateful my Kindle has a dictionary. Ms. Hyder is British and uses words not usually spoken in the USA. That made the book even more interesting. This is definitely a book worth reading.

The writing style is rather scattered. As for my likes, I am a patient with MS, and I had the most wonderful chocolate Lab that was my companion for almost 17 years. The reading brought back memories for me. I am glad I purchased and read this book.

First of all - Harmony doesn't die.... at least not in this book. Whew! Hyder shares her story of her struggles with MS with honesty, humor. The reader goes along for the ride of the highs and lows of her life, early adventures, love of her family, battle with depression and with the disease multiple sclerosis. Her courage is amazing. It isn't until halfway through the book that Harmony, her canine helper comes into her life. She describes how this sweet gentle funny dog not only helped her in her day-to-day life with practical activities, but changed her emotional outlook and assisted her autistic daughter in amazing and unexpected ways. This book was well-written and thoroughly enjoyable and uplifting. Kudos to Hyder and kisses to Harmony!

Actually, it was a very compelling book. The reason for only 3 stars is because she spent the first 2/3's of the book talking about herself, and then we finally got to the part about Harmony. I would have preferred 1/3 about her, and 2/3's about Harmony.

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