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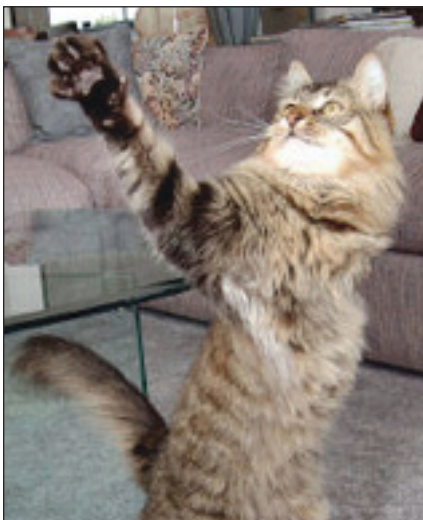
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We two-leggers can be far too proficient at what-if and should-have thinking. By replaying past mistakes and investing far too much time trying to orchestrate future scenarios, we don't always allow ourselves ample time to embrace living in the present and enjoy life's small delights.

We can all take lessons from a couple of San Diego cats answering to the names of Henry and Zeki. Neither enjoyed much luck as kittens. Henry needed his front leg amputated – after it was possibly crushed by a car -- to save his life as a young stray. Zeki miraculously survived a brutal knife attack that took a big chunk out of her back as a young pregnant stray.

Both cats have every reason to be full of hiss and hatred. But both have shook off their rough starts to be poster cats for all things good, positive and playful.

Let's start with Henry's tale. He beat



In 2010, Henry was named ASPCA Cat of the Year at an award ceremony held in New York City.

the odds by winning the heart – and home of an ardent dog lover named Cathy Conheim who had a dim view of cats. But then one day, Henry limped to her home with his mangled front paw. A veterinarian gave Conheim two options: euthanasia or finance Henry's amputation surgery and care for him during his recovery. Conheim opted for the latter, not knowing at the time how much this would alter her life forever.

"I never thought in a million years that I'd have a cat," confesses Conheim, a psychologist in La Jolla. "I grew up with a mother who hated cats because they killed birds. Until I met Henry, that's how I viewed cats, too. But what I learned from Henry is that hate is learned. I also learned how remarkable and resilient Henry is. The day he woke up without a front paw, he just started walking with three paws."

When Conheim adopted Henry, she began writing about her about-face attitude toward cats to her friends. They shared her feline insights with their friends. All of this led to her creating a website called Henry's World, authoring books, children's workbooks and sharing life's lessons by becoming Henry's official scribe and inspiring thousands all over the globe.

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"Henry teaches us to play the paw we're dealt," says Conheim. "Animals make great teachers because they are fully present beings. They don't seem to dwell on the past. They simply move on."

Zeki is a Turkish Van mix with a spunky survival attitude, an uncanny ability to make friends with dogs and a charisma that wins over people who normally are not feline fans. I should know. I adopted Zeki just a few months after her knife attack. She was in a foster home with far too many cats and developed herpes and conjunctivitis and nearly lost her left eye to a corneal ulcer.

Today, Zeki travels with me to pet shows, serves as my teacher's pet in my pet first aid classes and even hobnobbed with pet celebrities like dog trainer Victoria Stilwell and Tillman,



Zeki joined me at Super Zoo in Las Vegas in November 2011 and calmly like Tillman the famous skateboard-surfing bulldog sniff her butt as a greeting. That's his owner, Ron Davis. And Tillman loves cats – he has one at home.

the skateboard-surfing Bulldog in Las Vegas. She is believed to be the only cat to have a baseball signed by Hall of Fame pitcher Orel Hershiser, has a Facebook page and has been featured in a national television show called Tales For the Pet Lover's Heart.

The scar is still visible from the emergency surgery needed to suture her back together. Nerve damage causes her to waddle like Charlie Chaplain, but Zeki is all about scoring turkey treats, getting chin scratches and swatting paper wads across my tile floor.

The next time you have a minor hiccup in life – like a bad hair day or standing in a long line for coffee, I hope you take a moment to cherish life's unexpected good moments – just like a pair of cats named Henry and Zeki do. Given the chance, pets can unleash good health and can-do attitudes in us.



Founder of Four Legged Life.com and creator of National Dog Party Day, **Arden Moore** is an animal behavior consultant, best-selling author, professional speaker and certified pet first aid instructor. Tune into her

Oh Behave! Show on Pet Life Radio and enroll in her pet first aid classes. For more information, please visit www.fourleggedlife.com, www.petfirstaid4u.com and www.petliferadio.com.