**Strong Book Back cover:**

**About the Book**

*Strong with Hearts and Hounds* is a practical and reflective look at the role of dogs in everyday emotional life. Based on real experiences in therapeutic work, education, parenting, and care, it explores how dogs offer comfort, stability, and connection during challenging times. It also shows how they can support growth, regulation, and learning through daily interactions. This book is written for professionals, parents, and carers who live or work alongside dogs and want something honest, useful, and rooted in everyday practice.

**About the Author**

Dr Charlotte Williams is the founder and CEO of Elysian, delivering therapeutic education, animal-assisted interventions, community projects, and professional training. She leads national work in trauma-informed and relational practice and has over twenty years’ experience in social work, mental health, and leadership. A parent of three, Charlotte brings together lived experience and professional insight, with a reflective, real-life approach that focuses on what genuinely helps children, families, and professionals to grow and thrive.

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