

## Our Hen House 550 - How Dogs Saved My Life ft. Zach Skow

In the intro to the show Mariann talks to Jasmin about her new favorite book [Drive Your Plow Over the Bones of the Dead](#), by Nobel Prize winner, Olga Tokarczuk, and what a pleasure it was to read a book that really gets it about animals. Jasmin announces that she'll likely be participating in [The Goat Games](#) in August. The Goat Games is a virtual event that challenges participants to finish a 5-kilometer run, walk, bike, hike, or swim at a location of their choosing between August 8 and 16 to raise funds for [Catskill Animal Sanctuary](#). Recently, Catskill, like many other Animal Sanctuaries has lost 30% of it's funding due to COVID-19. Participating in this event is a great way to raise money for Catskill Animals. Then, in the continued effort to support Vegan owned businesses we're shouting out [Charlie Fyffe](#). Charlie made an amazing guide of 70+ Black owned Vegan businesses in Los Angeles.

In today's episode Jasmin talks to Zach Skow. Zach is the founder of [Marley's Mutts](#), an animal shelter with a difference in Kern County, California. He turned to his dogs to help him foster his wellbeing after being diagnosed with end-stage liver disease meant that he had to battle to stay sober to access a liver transplant. When Zach recovered, he was prompted to start the rescue to give back to society, and since its inception, Marley's Mutts has rescued over 5,000 dogs and started a pioneering prison program called [Pawsitive Change](#).

Zach joins us today to dive into how his love for his dogs and their unwavering acceptance of him pulled him through a dark time in his life and brought him back to his authentic self. He shares why Marley's Mutts isn't just an animal shelter but a positive force for change in the community and how the [Pawsitive Change Prison Program](#) works to take rescue dogs into local prisons to train with inmates and give both a second chance. Zach also discusses how he sees Marley's Mutts developing and expanding in the future to support vulnerable humans and animals in need.

*"There is nothing more scary than not being able to recognize who you are" - Zach Skow*

### This Week in Our Hen House:

- Zach's journey through 6 months of sobriety to get a liver transplant
- The dogs that helped him get sober
- His experience of working for The Humane Society
- The story of Marley, and his calm elevated spirit

- How Zach's commitment to being there for his pets stopped his suicidal thoughts
- How the Miracle Mutts therapy pets program works
- The importance of facilitating change in your life and being open to your potential
- Where the dogs at the shelter come from and why they are committed to the no-kill policy
- How the Pawsitive Change program works
- Why Marley's Mutts is so keen to expand Pawsitive Change into the juvenile detention system
- How the work has impacted on lives of real prisoners recently

### **Resources Mentioned:**

[Anti-Recidivism Coalition](#) founded by Scott Budnick

### **Connect with Zach Skow:**

[Marley's Mutts Website](#)

[Marley's Mutts Facebook Page](#)

[Marley's Mutts Instagram](#)

[Marley's Mutts Twitter](#)

[Pawsitive Change Program Instagram](#)

[Zach Skow Instagram](#)

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