

## Catch Up With Author Jennifer Coscia

Learn more about the inspiration behind her book "The Holistic Cat."

By Stacy N. Hackett

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Author Jennifer Coscia with a few of her animals: Roscoe, a Catahoola dog; Pooh Bear, an orange tabby, and Mama, a tortoiseshell, behind her.

1. What was your inspiration behind the book?  
As the owner and operator of The Animal Rescue and Adoption Agency Inc. (TARAA), I have witnessed firsthand many animal rescues. I have had the blessed opportunity to help hundreds of courageous, brave and determined animals through some pretty tough times. With numerous years of experience and with the knowledge I have gained, I wanted to share this information with the hope of helping pet owners give their cats a happier, healthier life.

2. What was the most difficult part of writing the book?

I have witnessed many great rescues with happy endings, and I am grateful for every one of them; however, I also have seen a lot of sad rescues. Recalling and telling those stories were the most difficult parts of writing this book. One of the hardest things for a rescuer is to realize that you can't save them all.

3. What was the most rewarding part of writing the book?

I would have to say that the most rewarding aspect of writing this book was the final product. Having "The Holistic Cat" come together exactly as I'd envisioned was phenomenal. The people at North Atlantic Publishers/Random House were terrific every step of the way; from the editing department to the graphics department, they were all top-notch.

4. What type of feedback have you received so far?

I have been told that the format of "The Holistic Cat" is very reader friendly. I wanted this book to be an easy, enjoyable reference for both the professional and the complete novice when it comes to feline health. The information contained within this book is not something you will learn from most veterinarians. Readers also seem to enjoy the numerous rescue stories and pictures throughout the book.

5. What is your writing process?

Structuring education on feline health along with rescue stories and real-life accounts was my writing process for "The Holistic Cat." I wanted to combine cat health and nutrition while intertwining rescue stories from almost 20 years of experience with animals. Most of the rescues already had been documented, and it was just a matter of compiling the stories. As a practicing nutritional consultant, writing the nutrition portion of the book came naturally.

6. Do you have any other books?

My first book is called "The Fat Elimination and Detox Program (FED)." FED is a holistic approach to disease prevention and weight loss. As a nutritional consultant who specializes in disease prevention, as well as being a weight-loss instructor for many years, I devised a program that promotes health and weight loss.

7. Do you own a cat or other pets?

Yes, my husband Michael and I own quite a few pets. It would be impossible not to have numerous pets after nearly 20 years in the rescue business. Our eldest, Samantha, is a 17-year-old silver tabby that rules the roost. She was rescued from the New York City sewers when she was only 6 weeks old. Our three dogs are Goldie (a 2-year-old shepherd mix), Roscoe (a 2-year-old Catahoola) and our newest addition is Dakota (a 10-month-old St. Bernard mix) whom we refer to as our "gentle giant." We have a lot of special-needs pets as well. Little Nel is a beautiful 6-month-old Somali that has no eyes. She lost them when she was only 8 weeks old from severe conjunctivitis. You would never know she was blind. Maxi is a blind 8-month-old Weimaraner puppy that we are currently rehabbing. She was found in the middle of an intersection after being run down and left for dead. Tuey is a 2-year-old possum with metabolic bone disorder, and we are currently raising 13 baby possums and two raccoons for the North Florida Wildlife Coalition. Needless to say we have quite the zoo around here. We were extremely blessed to have found two acres with a pond that we call "our little piece of heaven." This is where we built our home, and we have a small safe-haven shelter located on the property for all our foster pets.

8. Do your pets influence your writing?



Absolutely! My pets are my life, and my life revolves around all my rescues. I learn from every single one of them. Through them my own personal journey grows with the knowledge gained from helping God's creatures great and small! I am truly blessed to have been given the "gift of word," and I hope this book enhances the lives of many cats and their guardians.

Stacy N. Hacket shares her Southern California home with two Cornish Rex cats, Carson and Evita, and Jackson, an orange tabby.