

## Catch Up With Author Liz Palika

**Learn more about the inspiration behind her book "The Ultimate Pet Food Guide."**

*By Stacy N. Hackett*

Posted: May 6, 2009, 3 a.m. EDT

Author Liz Palika with her three Australian Shepherds, and one of her cats, Xena, below.

1. What was your inspiration behind the book?

I have had several pets — dogs and cats — with health issues that were either caused by inadequate nutrition or could be helped by improving their nutrition. I believed there was also a lack of user-friendly information available to pet owners.

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

Working through all the research; verifying the information I found. Trying to weed through what was real information and what was not.

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

I have heard from many pet owners telling me how much better their pets are doing now that they are eating a better diet.

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

A lot of very positive feedback; very little negative.

5. What is your writing process?

Research, research, research. Then organize what I've found. Then sit down to write.

6. Do you have any other books?

I have had more than 65 books published; seven on pet nutrition. For more on my work, visit my website.

7. Do you own a cat or other pets?

I own three dogs, three cats and multiple turtles and tortoises.

8. Do your pets influence your writing?

Significantly! Most of my ideas originate with my pets in one way or another.

9. Were certain parts of the book more difficult to write than others? Which ones?

No, not really. Writing is easy; verifying my research was difficult.

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