



All Birds Have Anxiety

Kathy Hoopmann

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Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, *All Birds Have Anxiety* uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it.

Following the style of the best-selling *All Cats Have Asperger Syndrome* and *All Dogs Have ADHD*, wonderful colour photographs express the complex and difficult ideas related to anxiety disorder in an easy-to-understand way. This simple yet profound book validates the deeper everyday experiences of anxiety, provides an empathic understanding of the many symptoms associated with anxiety, and offers compassionate suggestions for change.

The combination of understanding and gentle humour make this the ideal introduction to anxiety disorder for those diagnosed with this condition, their family and friends and those generally interested in understanding anxiety.

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