

ALL BIRDS HAVE ANXIETY

KATHY HOOPMANN



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Following the style of the best-selling *Almost all Cats Have Asperger Syndrome* and *Every Dogs Have ADHD*, fantastic colour photographs exhibit the complex and hard ideas linked to anxiety disorder in an easy-to-understand way. The mix of understanding and gentle humour make this the ideal introduction to panic for those diagnosed with this condition, their family and friends and those generally interested in understanding anxiousness. Through a light-touch, quizzical depiction of bird behaviour, *All Birds Have got Anxiety* uses colourful pictures and astute explanations to explore with mild humour what it means to live with anxiety day-to-day time, and how to get started to deal with it. Life as a bird can be stressful! This basic yet profound publication validates the deeper everyday experiences of anxiety, has an empathic understanding of the many symptoms associated with anxiety, and will be offering compassionate ideas for change. From fretting about airplanes, home windows, and getting enough worms to eat, it really is clear that birds can be anxious beings.



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Great small book about anxiety and how to deal with ... Great little book about anxiety and how to deal with it, using wonderful pictures of birds. For myself who has stress and anxiety and PTSD after losing my husband in the San Bernardino terrorist attack, this reserve brought smiles and ease and comfort. We checked it out from the library and unfortunately he may have gotten just a little thrilled when turning the web pages and ripped it. Extremely cute. Checked It Out From The Library, Then GOT IT Off Amazon My 2 year previous son is deeply in love with this book. not as good because the other two books in the series not as good as the other two books in the series, birds simply aren't simply because interesting, a six calendar year old friend agrees. Very Clever Publication Explaining Anxiety I loved the companion books (All Dogs Have ADHD and All Cats Have Aspergers), and this 1 didn't disappoint. Long tale brief, we bought this off amazon to displace the one he broken that belonged to the library and we kept the damaged library copy. This book is indeed helpful in understanding my daughter who has anxiety. He loves learning all of the birds names as they have every one of the titles of the birds listed in the rear of the book. For adults probably. Love this book! Five Stars This book is amazing..Or kids who can appreciate (thoughtful) It really is fantastic. Every adult who talks about it giggles, it really is funny and relatable and the text messages on each page are precious. Adults can't place it down and they want to maintain it. Done well BN for putting the reserve in parental section! This book is so cute for kids. I will order from them again. I acquired this for my 6th grader. It certainly is nice for our children to learn that they aren't the only real ones that feel the way they perform. He asks to read "the Owl Book" daily. It puts stuff into words they are able to understand and relate to. . Thank you for this arriving therefore quickly. The publication had no harm.. It's wonderfully illustrated, both pictures and phrases. Lighthearted but informative. Good for all ages, even adults Suitable for Every ages. Captures how it feels to have panic with funny photos of birds and basic one-sentence descriptions. Totally nails how anxiety affects someone!We don't so much browse the text as much as looking at the beautiful photography. I had my sisters browse it to greatly help then understand. I came across the reserve in Barnes and Nobles! Thumb up! Great book for all ages My 23year previous loved it! The owl stared into my soul! Love it! I really like this book! And well done to the reserve! Both the text message and accompanying photos. 5/5 recommend! Well done!



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