

Birds can be extremely anxious creatures

Australian Kathy Hoopmann has been a full-time author for 17 years, with 21 books translated into 13 languages. Here, she talks about her most recent publication *All Birds Have Anxiety*, released this month.

After a colleague first suggested Kathy write about anxiety, it wasn't an idea she relished instantly. It was one, though, that grew in her mind over the following eight years.

When another of her books *All Dogs Have ADHD* was released in 2009, a psychologist who helped her research it propelled her into thinking about this next project.

He said: "A huge portion of my patients, both adults and children have some sort of anxiety related issue." But for Kathy, who had no experience with anxiety and knew virtually nothing about it at the time, it wasn't a project she immediately jumped into.

"Jump forward eight years, and during that time I've encountered numerous people with a whole variety of anxiety issues. I've seen adults crippled with it and know children gasping for breath because of it. It disrupts lives ... it strains friendships and hurts families. I wanted to write a book that could sensitively but realistically reveal the symptoms

of anxiety but still give hope," she says.

After extensive research Kathy says her eyes were opened to the extent of anxiety, and how it can completely change a person's life.

"I wanted this book to achieve two main things. First, I wanted my readers to come to a full understanding of the unrelenting enormity of anxiety and how it pervades every aspect of a person's life, day and night," she says.

"The second thing I wanted to achieve was that this would be a positive book of hope. I spoke to psychologists, doctors and psychiatrists to learn about the methods they taught to deal with anxiety on a day-to-day basis. I chatted with people with anxiety and asked them what helped and what didn't."

Kathy's next step was to summarise the answers into the simplest language she could, and she admits that while not everything in the book works for everyone, the important thing is that there are things that can help. "Anxiety does not have to rule a life forever. At the very least, it can be tamed, even if it never goes away completely."

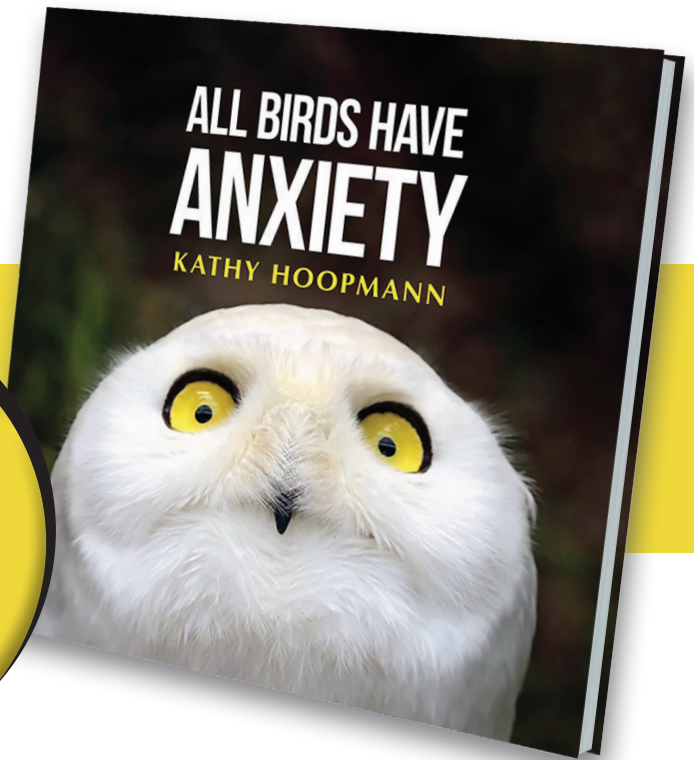
To those who do deal with anxiety, Kathy says this:



Australian author Kathy Hoopmann.

"Anxiety is horrible and life-crippling. But you are not horrible and your life does not have to be crippled forever. Get out and enjoy nature, be with people who love you, listen to the wisdom of others who have found ways to cope with their own anxiety and, if necessary, never be afraid to seek professional help. Then you can dare to hope for the future."

***All Birds Have Anxiety*, by Kathy Hoopmann. For a 15% discount on the purchase of two books or more, use the code BClub17 on the www.footprint.com.au site.**



WIN

A copy of
All Birds Have Anxiety

To go into the draw to win this cool book, visit the competition on our Facebook page, like and share! Easy!

By Kathy Hoopmann. Jessica Kingsley Publishers, released March 2017. Reviewed by Parent to Parent NZ and Altogether Autism researcher Rebecca Armstrong, MAppPsy, BSocSci (Hons).

This book is one in a series written by Kathy Hoopmann. Other books include *All Dogs Have ADHD* and *All Cats Have Asperger's syndrome*.

Kathy has a way of explaining the complexities of these conditions in such a way that parents, teachers, siblings, children and the individuals experiencing it themselves can relate to.

It draws you in from the beginning with the beautiful photos that jump

out of the page. The text takes little effort to read yet powerfully illustrates what anxiety looks like day-to-day, how it feels in your body, and how it impacts on people's lives; including their abilities to perform everyday tasks and make decisions.

The author goes on to explain how self-talk intensifies anxiety, but used positively can be a powerful tool to challenge the negative impacts of anxiety.

I like the way it ties together the interactions between feelings, thoughts and actions in a comprehensive manner. All of the known recommended strategies for anxiety management are cleverly incorporated into the text in a manner that makes it seem very achievable. I think anyone who has experienced a moment of anxiety can relate to this book. It would be a useful resource for people of all ages.



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We apply evidence based best practice therapy and work collaboratively as a team to assist children, adolescents and families. We offer teachers for Year 0-8 and tutors for children from Year 8 onwards to provide individualised support onsite in a purpose built tutoring room.

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